

# Foam Ankle Stirrup

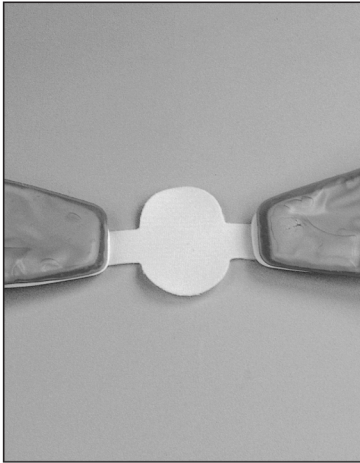


Figure 1 - Open ankle stirrup

1. Open ankle stirrup so foam and terry liner are facing upward.
2. Position the heel evenly on the center pad.
3. Wrap the lower hook and loop closure strap around the ankle for alignment. Center the side shells along the ankle and the leg. Wrap the upper strap and adjust if necessary.
4. Apply pressure to the sides of the therapeutic foam liner to allow even pressure within the plastic shell. Tighten lower and upper straps for a secure fit and for patient comfort.
5. Adjust the vertical side straps, placing both hands on straps, pulling upward until desired fit.
6. Secure vertical side straps with hook and loop closure.

**Note:** The Ankle Stabilizer should be worn over a piece of stockinette or thin cotton sock. Consult your physician for further instruction on application and treatment.

## PRECAUTIONS

- Patients should always consult their physician or therapist for proper therapy instructions prior to using the therapeutic ankle support system.
- Always wear an absorbent sock.
- Outer shell may be wiped with mild soap and water.

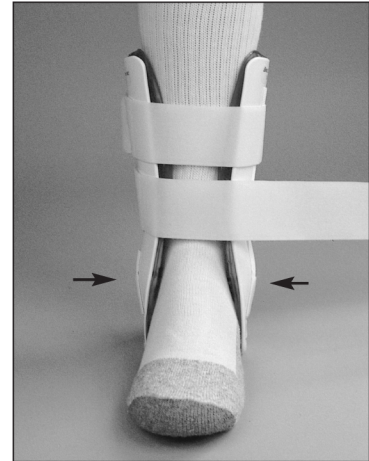


Figure 4 - Apply pressure to sides of foam liner for even flow of pressure



Figure 2 - Position heel on center pad



Figure 5 - Adjust vertical side straps

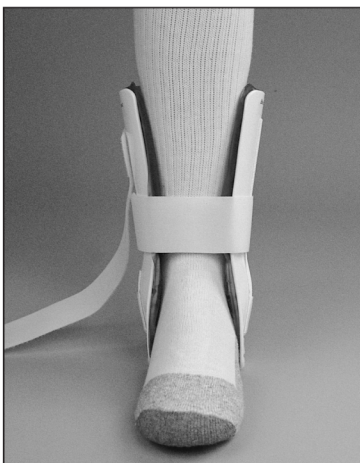


Figure 3 - Center side shells along ankle and leg



Figure 6 - Secure straps

**Made in USA**



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# ANKLE SPRAINS

## *Suggested Initial Treatment and Exercise Program*

### ***The Injury***

An ankle sprain is the stretching or tearing of the ligaments that hold the ankle joint together.

*Consult your physician or therapist for instruction on treatment*

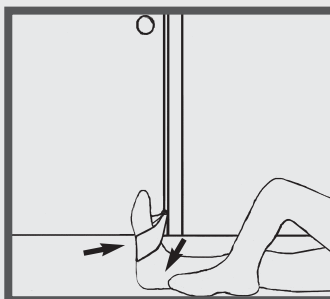
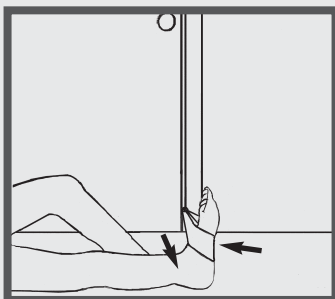


### ***Suggested Rehabilitation Protocol for Ankle Sprains***

- **REST** - the *Ankle Stabilizer* helps support the stretched ligaments
- **ICE** - the *Ankle Stabilizer* helps alleviate pain, swelling and bruising
- **COMPRESSION** - the *Ankle Stabilizer* helps provide immobilization
- **ELEVATION** - keep foot elevated as often as possible to help reduce swelling and pain

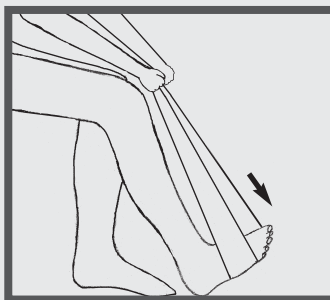
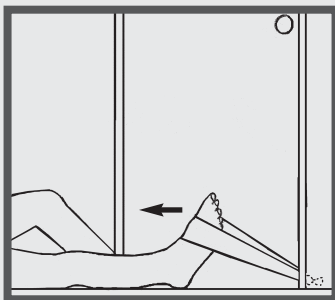
### **Common Exercises**

**EVERSION** - Sit on the floor or chair parallel to the door. Position exercise band\* around foot and between door. Rotate ankle out and up while keeping heel on the ground.



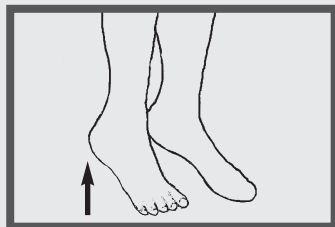
**INVERSION** - Sit on the floor or chair parallel to the door. Position exercise band\* around foot and between door. Rotate ankle in and up while keeping heel on the ground.

**DORSI-FLEXION** - Sit on the floor or chair. Position exercise band\* on top of foot and between door. Flex foot upward while keeping heel on the ground.



**PLANTAR-FLEXION** - Sitting on a chair, position exercise band\* on bottom of foot. Grab opposite end with your hand. With your heel on the ground, press your foot down.

**HEEL LIFTS** - Stand on both feet slowly rising onto the balls of the feet. With the same motion, bring the heels back down.



*Consult your physician or therapist for further instruction on treatment and exercise program.*

*\* Please note the latex free exercise band is not included and is available from your physician, therapist or medical supply store.*