



## Application Instructions

- 1.** Remove the insole from your shoe, as it will not be used in conjunction with the brace.
- 2.** Position the brace foot plate in the shoe.
- 3.** Unhook the back strap completely and loosen the front straps on the brace so that the sides are at their widest adjustment.
- 4.** Tilt the brace sides to the front and slip your foot into the shoe.
- 5.** Move the brace sides backward and position them comfortably over your ankle.
- 6.** Holding the brace sides together, adjust the front straps so that the brace is positioned comfortably over both sides of your ankle. Do not adjust too tight at this time.
- 7.** Still holding the brace sides in a comfortable position, adjust the back strap so that the brace is comfortably tight on your ankle.
- 8.** By alternating loosening and tightening the front and back straps, the brace sides may be adjusted forward and backward.
- 9.** If the cupped recess in the brace side does not comfortably fit over the bony projections on your ankle, you may need to choose the next size larger or smaller Arch Lok ankle brace.
- 10.** Once adjusted comfortably, do not loosen the front straps. The brace can be removed by opening the back strap only, thus retaining the correct adjustment when the brace is re-applied.



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