

## **Scott Ankle Brace Application Instruction**

Congratulations! Your doctor has decided that you can now wear a Scott Ankle Brace. The brace offers well needed support for ankles with instability. It can be worn under a shoe, and can also be worn with or without socks.

### **How to apply the ankle brace:**

Pull the brace on as you would a sock. You will see that there are two windows. One for your toes and the other for the your heel. Pull the brace with both hands until the back of your heel peaks through the heel window.

Make sure to dry your leg if applying the brace after a bath, shower, or if your leg is damp from perspiration. The brace is very difficult to apply when your leg is not dry.

You will notice that there are two elastic straps on the brace. Each strap wraps around your ankle, Velcro to Velcro making a figure 8. Make sure that the straps are firm, but not too tight.