

## ANKLE GUARD INSTRUCTIONS

1/ Loosen laces sufficiently to allow foot to slide into brace, ensuring mesh is between foot and laces

2/ Tighten laces firmly

3/ Take side straps and one at a time cross over the laces around and under the foot then fasten to side of the ankle brace. Repeat process with other strap

You should have the 2 straps crossed over the laces

4/ Take the 2 upper straps (Left first) and wrap around the ankle to lock in the side straps

*Note: The side inserts are removable and give additional lateral support to the ankle. If there is any discomfort from these it is suggested that they are removed, the ankle guard will still provide the important stability needed while playing sport.*

***The Ankle Guards are designed to give additional stability & support while playing sport. They are designed to minimise injuries but DO NOT prevent them in extreme circumstances.***

Guards are fully machine washable and we recommend you wash them in the drawstring bag to prolong the life of the Velcro.

**We also Sell Rigid Strapping & Kinesio Tape, Knee Supports, Ice Bags & Wraps, Hot & Cold Pack Wraps & Training Ladders**

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