



Orthotic & Prosthetic

SPECIALTIES INC.

ANKLE GAUNTLET

USE AND CARE INSTRUCTIONS

An Ankle Gauntlet (also called a lace-up ankle support) is a fabric or neoprene brace to provide support to the ankle.

HOW TO USE YOUR ANKLE GAUNTLET

- Wear a cotton sock between your skin and the ankle support. A sock will absorb perspiration and help protect your skin.
- The Ankle Gauntlet should be worn in accordance to your physician's directions.
- Putting on your Ankle Gauntlet: loosen the laces enough to allow your foot to slip through the support; slide your foot through the support; position the tongue of the support over the top of your foot and leg so there are no wrinkles; lace up the support snugly and tie the laces; wrap the straps over the top of your foot then down under your foot and up the other side, secure the straps on the velcro strips running along each side of the support; then don your shoe over the gauntlet.
- When you first try to walk with your Ankle Gauntlet, you may feel some discomfort due to the material in your shoe. This should go away in the first few days, if not you should contact your orthotist.

HOW TO CARE FOR YOUR ANKLE GAUNTLET

- Clean the ankle gauntlet by hand washing in cold water with a mild laundry soap. Rinse it thoroughly (to remove all soap residue). Let it air dry (no heat).

IMPORTANT NOTES ABOUT YOUR ANKLE GAUNTLET

An Ankle Gauntlet is a very specialized device. It is VERY important to keep all follow-up appointments made by your orthotist. Schedule an appointment at our office if any unexpected problems occur.