



X Element[®] Sport

BRACING FOR MOTION

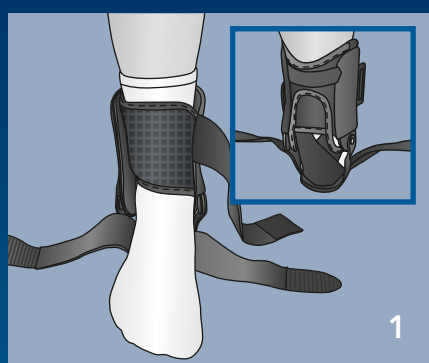
INDICATIONS:

- Acute and chronic ankle sprains
- Chronic ankle instability
- Posterior tibial tendonitis
- Peroneal tendonitis
- Osteoarthritis

PRODUCT SIZING INFORMATION

SIZE	MALE SHOE SIZE	FEMALE SHOE SIZE
Small	< 8	< 9½
Medium	8-12	9½-13½
Large	12 +	13½ +

INSTRUCTIONS FOR USE



1. Open all straps and spread apart uprights to position the foot in the brace at a 90° angle. Make sure the heel is as far back in the brace as possible. The criss-cross straps located inside the brace at the back of the foot should cup the heel.

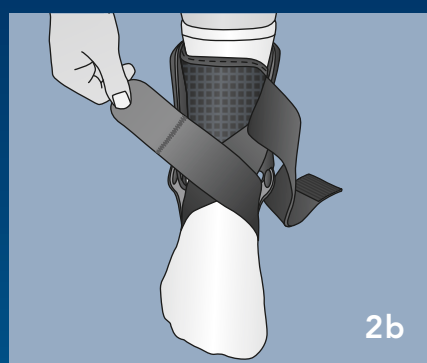
NOTE: A sock should be worn under this brace.



2. Secure the criss-cross straps to the uprights.

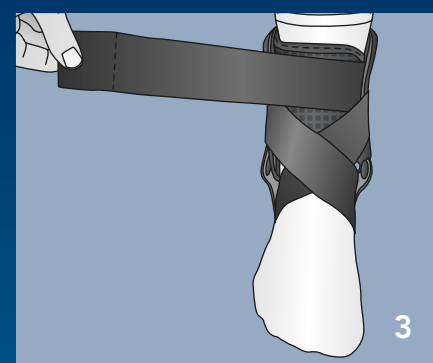
a. For inversion injuries, begin by pulling the strap on the outside of the foot over the front of the ankle in an upward direction. Secure on upright.

b. Next, firmly pull the strap on the arch side of the foot over the front of the ankle and secure on upright.



For eversion injuries, secure strap on arch side followed by strap on outside of foot.

NOTE: It is important to pull tightly in an upward direction maintaining tension on the straps until they are secured on the upright. The straps should form a criss-cross configuration and be positioned flat against the shin.



3. Secure the upper strap with the label in the front. Brace should fit snug around ankle but not cut off circulation.

Check for adequate circulation. Readjust straps as needed for a secure & comfortable fit.



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rev 10/10 Lit 0-2215