

# Bio Skin® AFTR™ Ankle Brace

## Application Instructions

### Step 1. Pull the brace on like a sock

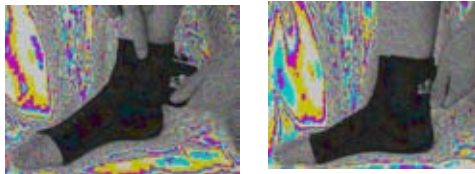
Make sure your heel fits snugly in the heel pocket and the blue lines are on top of your foot.

**Note:** If you are using the AFTR™ with Gel, you may need to adjust the position of the silicone gel pads before proceeding to the next step. They should wrap behind and underneath your ankle bones. If you need to adjust them, simply detach them and reposition them to the correct location.



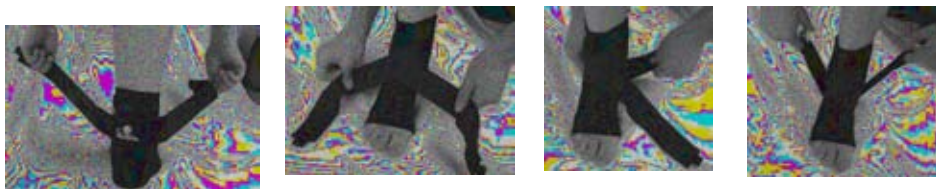
### Step 2. Close the top of the brace

Pull the wrap across the front of your ankle and attach it to the Velcro® on the left side of the sleeve. Then secure the Velcro® end of the wrap to the left side of the brace.



### Step 3. Apply the Stirrup Straps

Attach the Velcro® tab in the middle of the strap to the fuzzy tab on the back of the ankle. Cross both ends of the strap over the top of your foot, then wrap them under your foot and up the sides of your ankle. Use the finger loops to pull up firmly then attach the Velcro ends to the sides of the brace.



### Step 4. Trimming the AFTR™ Brace to length (optional)

The AFTR™ is designed to be trimmed in length by your healthcare provider if necessary. To trim the brace, complete steps 1 and 2 above, then use scissors to carefully trim around the circumference of the brace back to the desired length. Important: Leave at least one blue stitch line across each seam to prevent the seam from unraveling.



### Easy Care Instructions

Wash Bio Skin® regularly to prevent body salt and oil build-up that naturally occurs after the product has been worn a few times. Attach the hook to the loop to prevent lint build-up. This will give your Bio Skin® a longer life span.



Hand Wash



Hang Dry



Do Not Bleach



Do Not Dry Clean

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