

GAMEDAY ANKLE BRACE

The GameDay Ankle Brace may be used to support mild to moderate ankle sprains and strains, prevent ankle injury or to stabilize chronically weak ankles.

Application

1. Loosen laces and unfasten all straps. For GameDay Ankle Brace with Stays version, insert each of the stays into their respective pockets, with the foam facing the ankle, and the hook tab sticking out the top. Once inserted, lay the hook tab flat against the loop pocket.
2. Insert foot into the brace so that the tongue is on top of the foot and the heel is located in the heel opening. note: The GameDay is designed to be worn over an athletic sock.
3. With foot slightly flexed, fasten the laces to a snug fit. sizing note: If the gap between the laced edges is more than 2" the product is too small. Use the next larger size.
4. Wrap the inside (medial) figure-8 strap across the top of the foot, under the heel, and fasten using the contact closure. Repeat for the outside (lateral) figure-8 strap. Adjust straps for a comfortable and supportive fit.
5. Wrap the elastic circumferential strap around ankle, covering laces and ends of figure-8 straps.
6. During athletic activity the GameDay can be quickly adjusted to optimize comfort and support: Unfasten the elastic circumferential strap and use the finger pull tabs to adjust the tension on the figure-8 straps. Reapply the elastic circumferential strap and continue activity.

WASHING INSTRUCTIONS Remove stays if applicable before washing. Machine wash gentle cycle in cold (30°C) water and mild soap with straps and laces fastened. Do not use bleach or strong detergents. Air dry only. Do not place in a dryer or near a heater.