

SIZING & FIT GUIDE (ENGLISH)

**BEFORE USING THIS DEVICE, PLEASE READ THE FOLLOWING INSTRUCTIONS COMPLETELY AND CAREFULLY.
CORRECT APPLICATION IS VITAL TO THE PROPER FUNCTIONING OF THE DEVICE.**


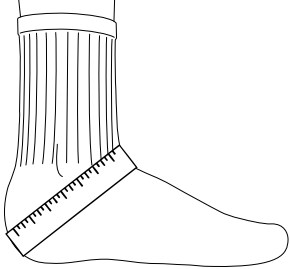
NOTE:

THE POD® ANKLE BRACE – A3 IS SIDE (LEFT AND RIGHT) AND SIZE SPECIFIC. WITH TWO ADJUSTABLE STRAPS FOR A CORRECT ANATOMICAL FIT.

FOR MAXIMUM COMFORT AND SUPPORT WEAR A LONG SPORTS SOCK, ENSURE THE PRODUCT FITS SECURELY AND WEAR LACED ATHLETIC FOOTWEAR.

SIZING GUIDE

USE SHOE SIZE AS A GUIDE ONLY. FOR A MORE ACCURATE FIT MEASURE YOUR ANKLE CIRCUMFERENCE AS SHOWN BELOW.

SHOE SIZE CHART					
	MEASUREMENT	X-SMALL (XS)	SMALL (SM)	MEDIUM (MD)	LARGE (LG)
	US Men's Shoe Size	4.5 - 7.5	6.5 - 9.5	9 - 12.5	12.5 - 15
	US Women's Shoe Size	6.5 - 8.5	7.5 - 10.5	10+	-
ANKLE CIRCUMFERENCE CHART					
	Measure as shown.	10 - 11"	11 - 12¼"	12¼ - 13¾"	13¾ - 15"
		25 - 28 cm	28 - 31 cm	31 - 35 cm	35 - 38 cm

FIT GUIDE (INITIAL USE)

APPLICATION INFORMATION: WHILE SEATED AND WITH YOUR ANKLE AT RIGHT ANGLES.

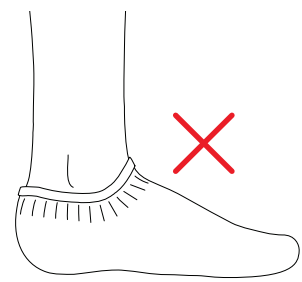
Before fitting the brace check and confirm the following:

- Appropriate sports sock;
- Appropriate footwear;
- Correct brace side;
- Correct brace size.

CORRECT

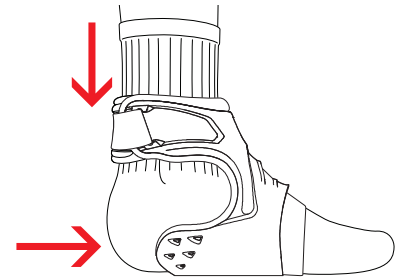
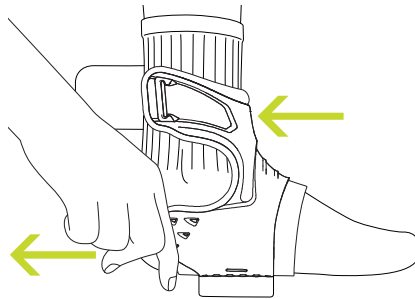


INCORRECT

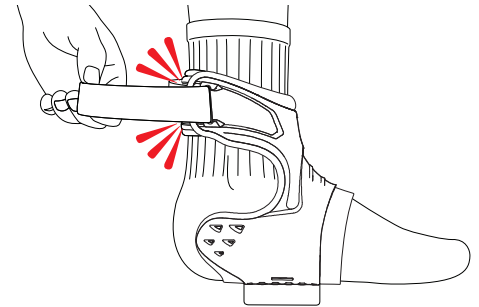
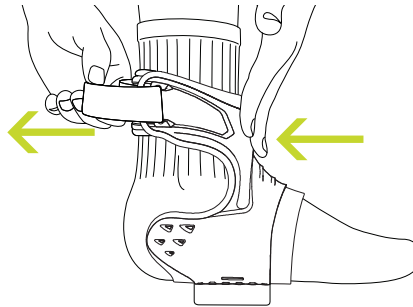


SET ANKLE STRAP ABOVE ANKLE JOINT:

1. Unfasten the ankle and foot straps then slide your foot into the rear of the brace, ensuring full contact with the front of the foot.

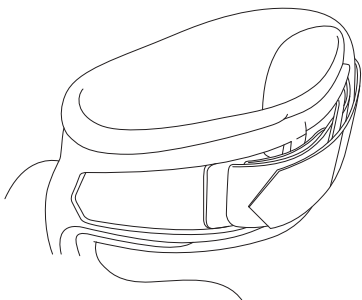


2. Position the ankle strap above the ankle joint then feed the strap through the loop and apply tension to ensure a secure fit.

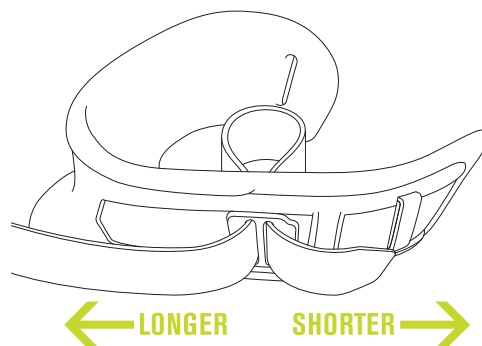


HOW TO ADJUST ANKLE STRAP LENGTH

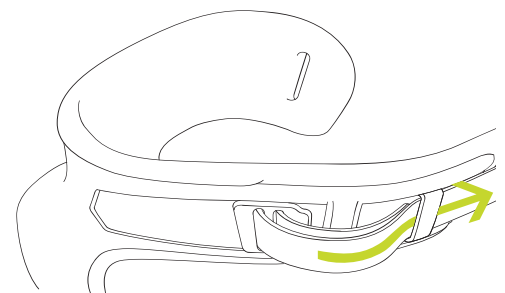
2a. Ensure the strap end touches down on the strap body and is securely fastened.



2b. Adjust ankle strap length as required.



2c. Feed both ends of the ankle strap through the strap guide to maintain correct strap and cuff alignment.

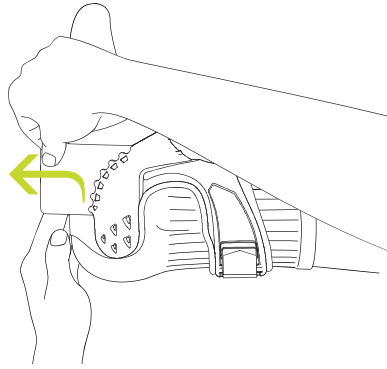


FIT GUIDE (INITIAL USE)

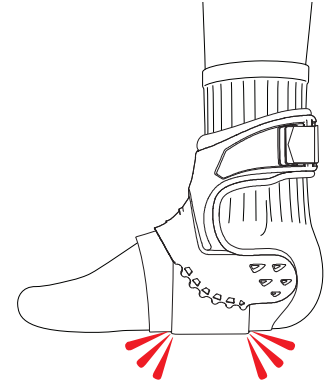
SET FOOT STRAP TO ACCOMMODATE REGULAR, NARROW AND WIDE FEET:

3. Position the ankle on the opposing knee and secure the foot strap by wrapping the loop panel over the hook panel. Repeat this step as required to achieve a secure fit.

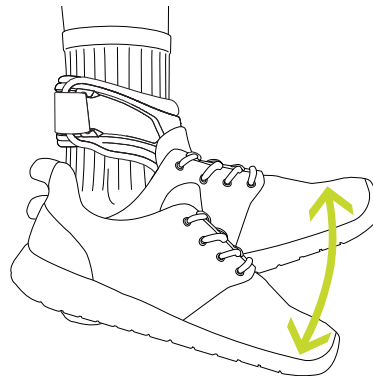
CORRECT



INCORRECT



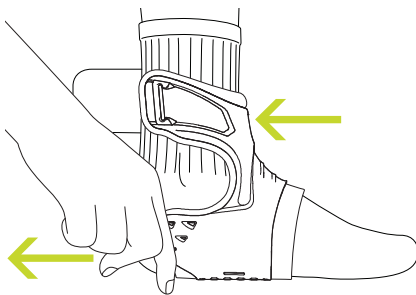
4. Move your foot to ensure comfort and support. Repeat the ankle and foot strap fitting if required. Fit shoe and tighten the laces to secure the brace in place. Adjust the ankle strap to control and set the level of support.



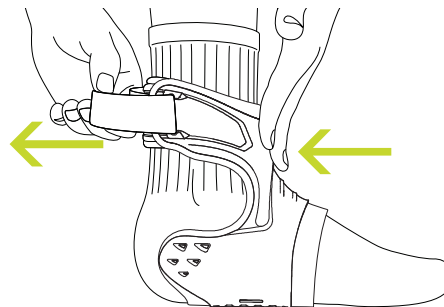
FIT GUIDE (NORMAL USE)

FOLLOWING INITIAL FITTING OF THE BRACE AND SETTING OF THE ANKLE AND FOOT STRAPS, ONLY MINOR ADJUSTMENTS SHOULD BE REQUIRED FOR SUBSEQUENT USES.

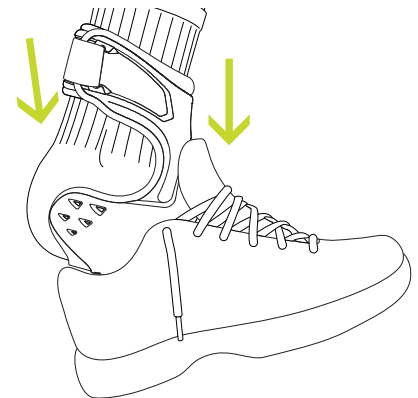
1. STEP IN



2. STRAP UP



3. LACE UP & GO



For customer support please contact:

WARNING AND PRECAUTIONS:

If you experience any pain, swelling, sensation changes or any unusual reactions while using this product, consult your medical professional immediately.

NOTE: WHILE EVERY EFFORT HAS BEEN MADE TO OBTAIN THE MAXIMUM COMPATIBILITY OF FUNCTION, STRENGTH, DURABILITY AND COMFORT, THERE IS NO GUARANTEE THAT INJURY WILL BE PREVENTED THROUGH THE USE OF THIS PRODUCT.