

## F8®X Ankle Support

**NOTE:** Instructions cover multiple product families, images may vary.



Figure 1



Figure 2



Figure 3



Figure 4



Figure 5



Figure 6

Please read the following instructions carefully and completely before use. Correct application is required to ensure proper function of the device.

**Intended for single patient use.**



**WARNING:** If your pain increases or persists or you experience any unusual reactions while using this product, consult your healthcare provider immediately.

### APPLICATION INSTRUCTIONS

**NOTE:** These instructions cover all F8® and F8®X ankle stabilizers.

**NOTE:** This brace is designed to be worn over a sock.

1. Loosen straps and laces. Slide foot into brace, ensuring tongue is between foot and laces and place heel snugly into heel opening.
2. Tighten laces starting at the eyelets closest to the toes. Pull the laces one set of eyelets at a time, tightening all the way to the top. Tie laces to secure (Figure 1).
3. Wrap inside (medial) strap across the top of the foot, over the laces, and under the arch (Figure 2). Secure hook end of the strap to the loop strip on the inside of the brace (Figure 3).
4. Repeat with the outside (lateral) ankle strap (Figure 4) crossing over the first strap and laces and under the arch of the foot. Secure hook end of the strap to the loop strip on the outside of the brace.
5. To tighten ankle straps, place foot flat on the floor. Detach straps by placing fingers in loops at the top of the straps, pull upwards, re-attach and secure hook to loop strip (Figure 5).
6. Wrap and secure top support strap when desired fit has been achieved (Figure 6). Re-adjust support as necessary.

**NOTE:** White laces have been used to illustrate the application instructions more clearly. All F8® products come with black laces.

**NOTE:** Stays are removable from braces with stays. Open tab to stay pocket, pull out stay, and close tab.

**NOTE:** Please refer to sew-in label on device for care instructions.

Please visit our website at [www.birdcronin.com](http://www.birdcronin.com) for additional product and warranty information or contact a customer care representative at **800-328-1095**.

**NOTICE:** This device is only one element in the overall treatment program administered by a medical professional. 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.

**NOT MADE WITH  
natural rubber latex**