



**DONJOY**<sup>®</sup>  
PERFORMANCE

#1 BRAND IN SPORTS MEDICINE



# POD<sup>®</sup> ANKLE BRACE - A3

INSTRUCTIONS FOR USE

# ENGLISH

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

## INTENDED USE / INDICATIONS:

Designed to provide support and protection for ankles.

## CONTRAINDICATIONS:

None

## NOTE:

The POD® Ankle Brace - A3 is side (left and right) and size specific 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.

## WARNING AND PRECAUTIONS:

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

## APPLICATION INFORMATION:

While seated and with your ankle at right angles.

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 snug fit.
3. Adjust ankle strap length as required to ensure the strap end is securely fastened back on to the strap.
4. Feed both ends of the ankle strap through the strap guide to maintain correct strap and cuff alignment.
5. 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 snug fit.
6. Move your foot to ensure comfort and support. Repeat steps ② to ⑤ if required. Fit shoe and tighten the laces to secure the brace in place. Repeat step ⑤ to adjust support level.

## NORMAL USE:

With the foot strap correctly set and fitted, removal and application of the brace should only require adjustment of the ankle capture strap.

## CLEANING INSTRUCTIONS:

Hand wash in warm water using mild soap, rinse thoroughly.

AIR DRY.

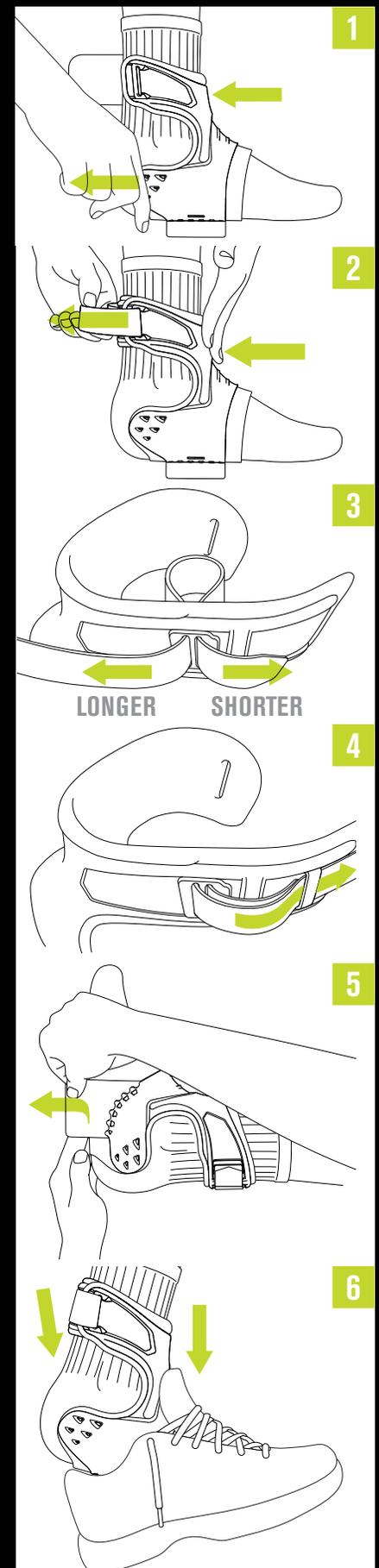
## WARRANTY:

DonJoy Performance will repair or replace all or part of the unit and its accessories for material or workmanship defects for a period of six months from the date of sale.

⚠ **FOR SINGLE PATIENT USE ONLY** ⚠

⚠ **NOT MADE WITH  
NATURAL RUBBER LATEX** ⚠

**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.**





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MADE IN CHINA

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