

AIRCAST[®]
INCORPORATED

Air-Stirrup[®] Ankle Brace with Ankle Wrap

plus

(02ALP, 02ARP, 02BLP, 02BRP, 02CLP, 02CRP)

Special instructions for:

The exercises and therapy in this booklet are to be done with the consent and supervision of your healthcare professional.

Healthcare professional signature:

AIRCAST[®]
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Air-Stirrup[®] plus

Ankle Brace
with Ankle Wrap

Your healthcare professional has prescribed the Air-Stirrup[®] Plus to treat your ankle sprain.

Each Air-Stirrup Plus includes:

- **Air-Stirrup Ankle Brace**
Protects your ankle, allows you to walk without risk of further injury, and reduces swelling.
- **Ankle Wrap**
Helps control swelling, for the first few days when used with the Air-Stirrup Ankle Brace.

Healthcare professionals agree that the best way to heal a sprained ankle is with “functional management”. Functional management is based on the idea that a sprained ankle heals better and faster when the patient *uses* the injured ankle while protecting it at the same time.

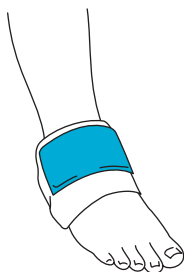
Since 1978, the Air-Stirrup Ankle Brace has been the recognized standard of care for the functional management of ankle sprains. Studies show that when the Air-Stirrup is used as part of ankle sprain treatment patients achieve earlier mobility and return to work without reducing stability. The Air-cast Air-Stirrup has been cited, in over 100 medical journals, for its superior performance in helping to heal ankle injuries.

(Clinical references available upon request.)

Step 1: Reduce Pain and Swelling

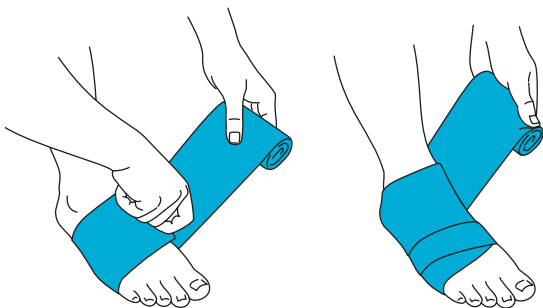
Applying cold to your ankle using a cold pack or similar product will help reduce pain. *Do not use heat on your ankle.*

- Raise your foot.
- Wrap cold pack in a moist cloth and place on your ankle.
- Use 15 minutes at a time.



The Ankle Wrap (included in the Air-Stirrup® Plus) will help reduce swelling and should be used for the first few days only. *The wrap does not provide support.*

- Apply directly on your skin.
- Begin at your toes and wrap up your leg.
- Do not stretch the wrap.
- Rewrap several times a day.



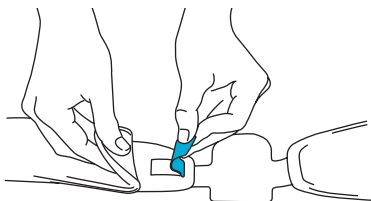
Always use the Ankle Wrap with the Air-Stirrup.

Be sure to elevate your ankle whenever possible for the first few days until the swelling goes away.

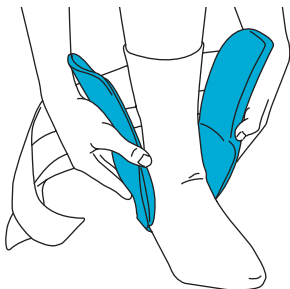
Step 2: Apply the Air-Stirrup® Ankle Brace, then Walk

First,
apply the Air-Stirrup Ankle Brace...

- Open brace and lift bottom of aircells until heel straps are fully exposed
- Peel up heel straps and adjust heel pad width for a snug fit
- Firmly press heel straps and aircells back in place

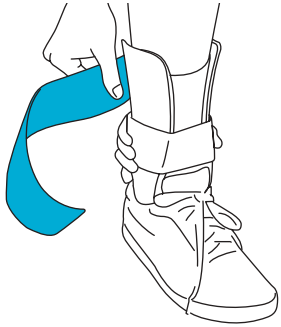


- Put on sock or ankle wrap
- Place round edge of heel pad under heel
- Align brace sides with ankle
- Secure straps from bottom to top
- Put on lace shoe or sneaker



Wear the brace for the first 2–3 weeks whenever you are putting weight on your injured ankle. Because it can take months for your ankle to heal completely, wear the Air-Stirrup Ankle Brace during activities.

- Squeeze brace sides together with one hand
- Tighten straps from bottom to top with other hand
- Tighten for comfortable support



Ankle Brace Fit Adjustment

If you experience pinching or uneven pressure, reposition brace or readjust heel pad and straps. **Ankle Brace aircells are preinflated and normally do not require adjustment.**

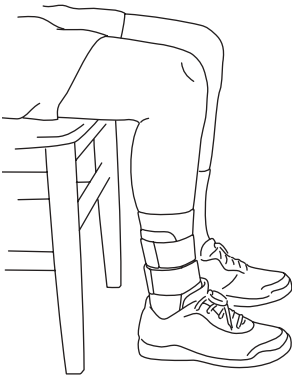
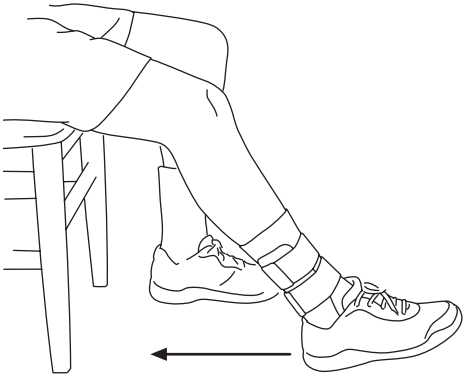
High Altitude

When flying, readjust the straps to a comfortable pressure. At high altitudes the aircells will expand beyond their optimal level and air will have to be removed from the aircells. Insert inflation tube about 1½" into valve on top of aircell. Remove a small amount of air by gently squeezing aircell or, add a small amount of air by blowing into tube (too much air will reduce support). Seal valve by squeezing the valve flat just below end, and slowly remove tube. Fold and close valve.

Correctly position your ankle...

Your injured ankle must be correctly positioned, with the brace on, before standing or walking.

While seated, bend your knee and slowly move your injured foot in toward your body until your foot is flat on the floor.



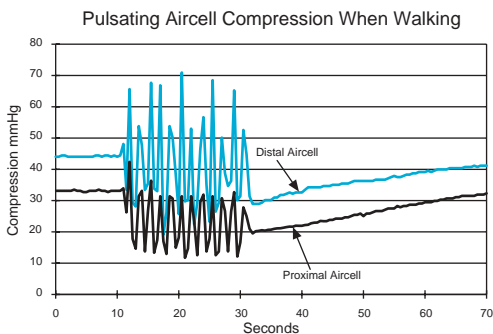
... then Walk.

Slowly stand. Take small steps, putting the heel of your injured foot on the ground first, then your toe.



If needed, use crutches to help you put a comfortable amount of weight on your injured ankle.

While walking, the patented Duplex™ aircell design, found only in the Air-Stirrup® Ankle Brace, produces pulsating compression that helps reduce swelling and pain.



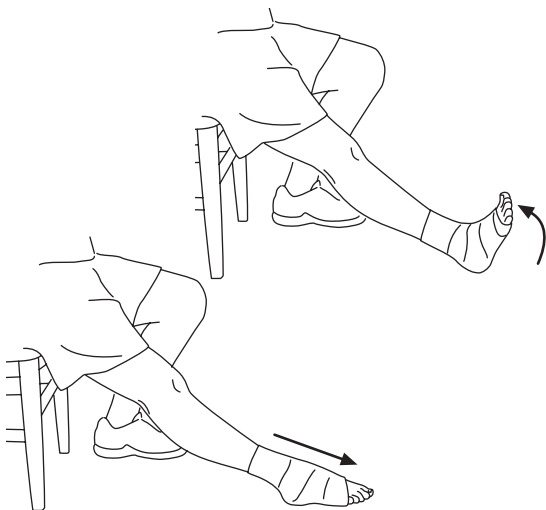
Step 3: Exercise

Motion Exercises

Motion exercises should be started immediately. Each exercise should be done 10 times and repeated 3 times a day, or as recommended by your healthcare professional.

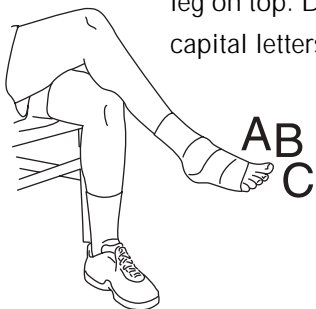
Toe Point

Extend your leg and slowly point your toes forward, then slowly point your toes toward ceiling.



Alphabet Exercise

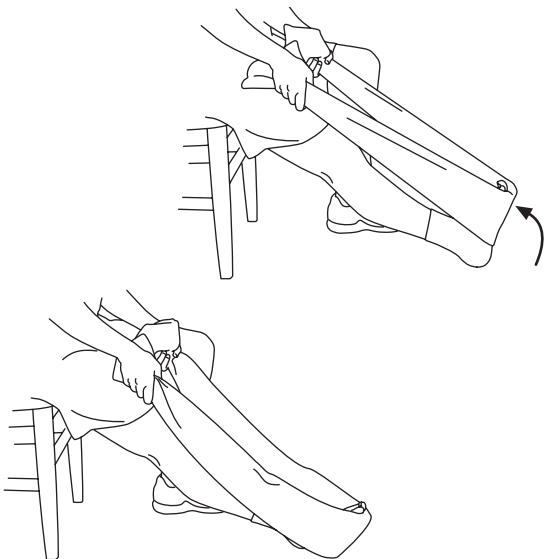
Cross your legs with your injured leg on top. Draw the alphabet in capital letters with your big toe.



When you begin these exercises, you may have additional soreness — this is normal. Progress through the exercises as your ankle will allow. If pain becomes excessive and doesn't subside with rest and ice, contact your healthcare professional immediately (see "Warning Signs" on inside back cover).

Achilles Stretch

Wrap a towel around the ball of your foot and straighten your leg. Slowly pull the towel toward you. Hold for 30 seconds, then release.



Step 3: Exercise

Balance Exercises

After you have successfully completed the Motion Exercises, begin the Balance Exercises. For each exercise you will have to stand, using a chair or wall for balance. Do each exercise 10 times and repeat 3 times a day.

Toe Raise

Stand on both feet, holding a chair or wall for balance. Slowly move up and down on the toes of both feet.

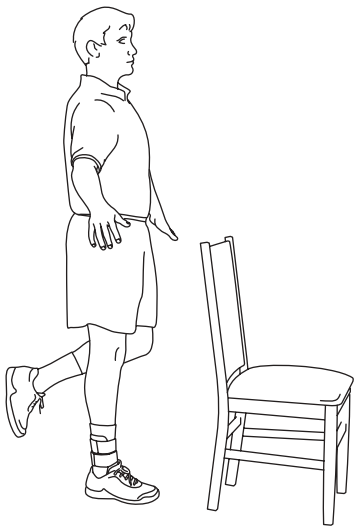


Raise your uninjured foot. Slowly move up and down on the toes of your injured foot.

When you begin these exercises, you may have additional soreness — this is normal. Progress through the exercises as your ankle will allow. If pain becomes excessive and doesn't subside with rest and ice, contact your healthcare professional immediately (see "Warning Signs" on inside back cover).

Single Leg Stand

Stand with your injured foot flat on the floor and your other foot raised. Balance for up to 30 seconds.





WARNING SIGNS

If you have any of the following signs, contact your healthcare professional immediately:

- Numbness or tingling in your foot.
- Cold, pale toes. (If you are wearing the Ankle Wrap, loosen or remove it. If the problem persists, contact your healthcare professional.)
- Inability to put weight on your injured foot four days after injury.
- Excessive pain that does not lessen with rest.
- Increase in swelling along with a decrease in mobility.

Care

The entire Air-Stirrup Ankle Brace can be hand washed in lukewarm water with mild soap and air dried.

Latex

All Aircast products are latex-free.

Warranty

Satisfaction—Aircast will provide prompt refund for any product that does not satisfy the healthcare professional for any reason whatsoever.

Durability—Aircast braces are designed to last for as long as required by the original patient. Aircast may, at its discretion, furnish a replacement for any part that becomes unserviceable from normal use during this time, provided the defective part is returned to Aircast for analysis.

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