

(02A, 02B, 02C)

Special Instructions:

Functional Management

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

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.

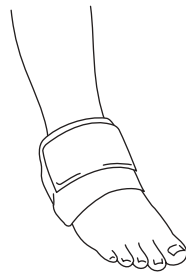
These exercises and therapy are to be done with the consent and supervision of your healthcare professional.

Reduce Pain and Swelling (apply cold and elevate)

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.

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



1

Apply the Air-Stirrup® Ankle Brace over a sock

(See Air-Stirrup Ankle Brace instruction sheet for application instructions.)

Wear the Ankle 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.

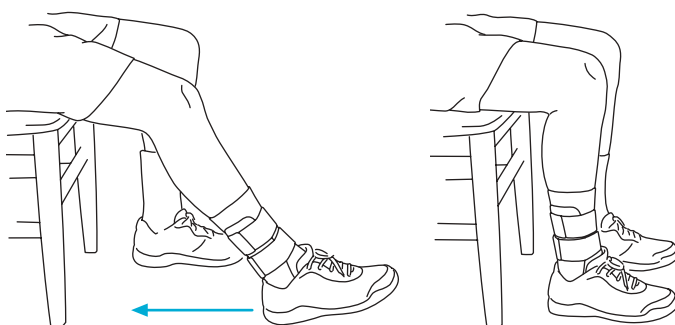


2

Correctly position your ankle...

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

- While seated, bend your knee
- Slowly move your injured foot in toward your body
- Stop when your foot is flat on the floor



3

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



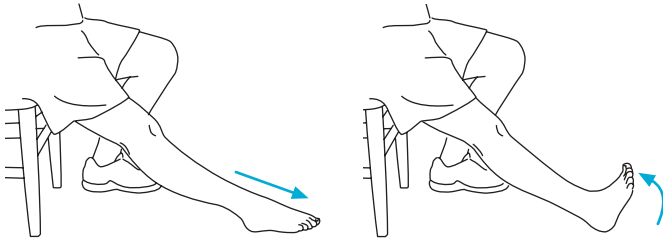
When you begin these exercises, you may have additional soreness — this is normal. Progress through the exercises as your ankle will allow. If pain becomes excessive and doesn't subside with rest and ice, contact your healthcare professional immediately (see "Warning Signs" below).

Motion Exercises

Start these exercises immediately. Do each exercise 10 times and repeat 3 times a day (or as recommended by your healthcare professional).

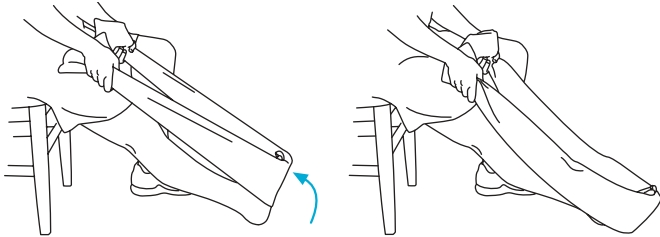
Toe Point

- Extend your leg
- Slowly point your toes forward
- Then slowly point your toes toward ceiling



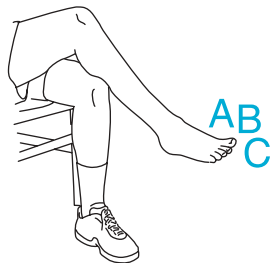
Achilles Stretch

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



Alphabet Exercise

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



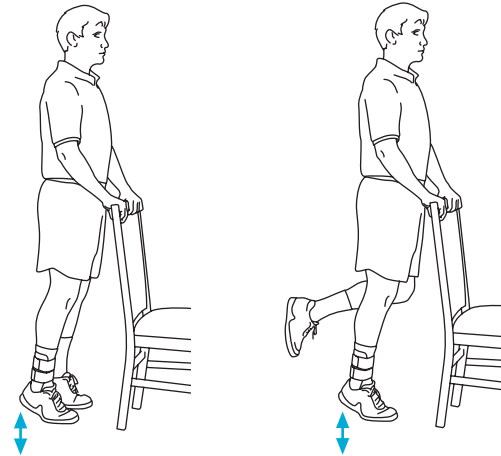
4

Balance Exercises

After you have successfully completed the Motion Exercises, begin these exercises. You will have to stand using a chair or wall for balance. Do each exercise 10 times and repeat 3 times a day (or as recommended by your healthcare professional).

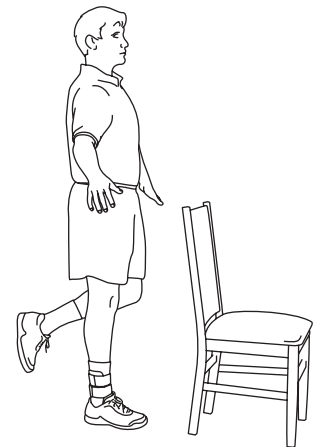
Toe Raise

- 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



Single Leg Stand

- Stand with your injured foot flat on the floor
- Raise your other foot
- Balance for up to 30 seconds



5

To help prevent reinjury, wear the Aircast AirSport™ when participating in sports or vigorous activities. For information or to place an order, please contact Customer Service at (800) 526-8785

WARNING SIGNS

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

- Numbness or tingling in your foot.
- Cold, pale toes.
- 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.

AIRCAST
INCORPORATED

P.O. Box 709
Summit, NJ/USA 07902-0709
(908) 273-6349
800-526-8785
Fax (800) 457-4221
Fax (908) 273-1060
www.aircast.com

R 4/5/00
02A211A
04321