

Breg ABL

(Ankle Brace Lock)

Helps to improve ankle stability by restricting inversion / eversion movements



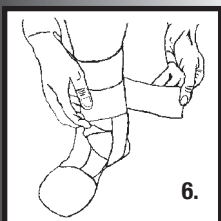
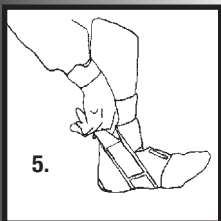
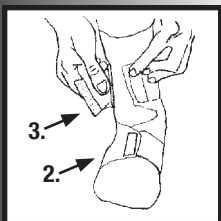
- Comfortably fits in all shoes
- Universal – fits right or left ankle
- Superior design and materials
- Reduces costs associated with ankle taping
- Proprietary design



Sizing Chart

Approximate shoe size

Size	Men	Women
<input type="checkbox"/> XS	<5	<6
<input type="checkbox"/> S	5, 6, 7	6, 7, 8
<input type="checkbox"/> M	7, 8, 9	8, 9, 10
<input type="checkbox"/> L	9, 10, 11	10, 11, 12
<input type="checkbox"/> XL	11, 12, 13	12+
<input type="checkbox"/> XXL	13+	



Wearing Instructions

1. Loosen all hook/loop closures and place heel in opening.
2. Pull bottom portion of garment forward (while keeping heel in place) and snugly close forefoot closure.
3. Pull top of garment up and snugly close top closure.
4. For best fit, sit down while adjusting side straps. Release inside (medial) side strap and pull firmly up and back.
5. Loosen outside (lateral) strap. Evert foot by rotating knee inward (shown at left). Pull firmly up and back. When correctly worn, outside strap will be taller than inside strap.
6. Wrap top Velcro strap.

Fitting Suggestion

Support should provide stability to the ankle from turning (inversion and eversion) movements. For best results, patient should practice fitting techniques and wear a cotton athletic sock. To improve stability, flex foot (shown at left) while putting on support.

Washing Instructions

For best results, hand wash in warm, sudsy water after every use. Line dry only. Do not machine dry.



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Breg ankle supports are designed to assist with the prevention and treatment of ankle injuries. However, no ankle support can completely prevent all ankle injuries, and no guarantees, express or implied, have been made.