

### Break-In Period

Like a new pair of shoes, ankle braces require a break-in period. New shoes combined with a new ankle brace require an even longer break-in period (usually 6-8 hours). Loosen the shoelaces to reduce friction until the brace and the shoe break-in. Wear an additional full tall sock to help reduce friction.

### Proper Hinge Lubrication

The Ultra CTS™ is made of an advanced thermoplastic resin which can occasionally produce a squeak in the hinge area. Lubricant sprayed directly in the rivet/hinge area will stop the squeaking.

### Heat Molding to Accelerate the Break-In-Period

⚠ **WARNING:** Do not contact or place a hot brace against the skin immediately after heating.

⚠ **WARNING:** Do not exceed the recommended temperature and time for heating the brace.

⚠ **WARNING:** Only use an infrared oven or conventional hair dryer to heat the brace. Never use a convection oven, conventional oven, water bath, or microwave as a heat source.

Before heat molding, detach the PerformaFit™ upright. Only heat mold the bottom of the Ultra CTS® brace which contains the footplate and stirrup. When using an infrared oven, the recommended temperature range for heating the brace at is 130-149°F (54-65°C) for 3 minutes. Do not exceed the recommended temperature and time for heating the brace in an infrared oven. If using a conventional hair dryer, place the brace on a flat surface and heat the brace for 3 minutes or until all sides feel warm. Take precaution after both heating methods and let the brace cool for at least 20 seconds before handling the brace. Remember to always wear an absorbent full tall sock.



## Treat & Rehabilitate



### [www.UltraAnkle.com](http://www.UltraAnkle.com)

**WARNING:** While the Ultra CTS™ brace may be used for injury prevention, no ankle brace can prevent all ankle injuries and no guarantee is made either express or implied that any injury will be prevented by this brace.

Ultra CTS™ is a trademark of Ultra Athlete LLC  
US Patents 6,749,578 - 7,615,026 - 7,713,224 -  
7,524,295 - D611,157

AW-100484 REV A 013

### SIZE CHART

### MEN

### WOMEN

Small/Medium

6-10

7-11

Large/X-Large

10 & Up

11 & Up

For precise sizing, measure ankle circumference.



### SIZE FITS

S/M 14" & below  
35.5 cm & below  
L/XL 14" & above  
35.5 cm & above

Scan to view instructional video.

# FITTING INSTRUCTIONS

## STEP #1

- Wear a FULL TALL sock
- Secure the brace to the ankle FIRST, then insert foot in the shoe.
- 4-6 hour break-in period required.

## STEP #2



Squeeze the brace tightly around the leg while securing the center strap. Securing the CENTER STRAP FIRST ensures a proper fit.

## STEP #3



Secure BOTTOM straps adjacent to one another. Do not overlap the straps. Two slots are located on each side of the foot portion for maximum adjustability.



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## STEP #4



Secure TOP strap.

## STEP #5



For low profile support, detach the PerformaFit™ upright by pushing the snaps through the slots on both sides of the brace.