

### 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.

### Custom Orthotic or Arch Support

Place the bottom of the brace beneath the orthotic or arch support.

### 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.

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.



## Reinforce & Recover



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

**WARNING:** While the Ultra High-5<sup>®</sup> 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 High-5<sup>®</sup> is a trademark of Ultra Athlete LLC  
US Patents 6,053,884 - 6,524,266 - 6,749,578,858,017  
European Patent 1152,720  
Canadian Patent 2,362,779

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### SIZE CHART MEN WOMEN

Small	5-9	6-10
Medium	9½-12	10½-13
Large	12½ & Up	13½ & Up

For precise sizing, measure ankle circumference.

### SIZE FITS

SM	12" & below 30.5 cm & below
MED	12" - 14" 30.5 cm - 35.5 cm
LRG	14" & above 35.5 cm & above





**Reinforce & Recover**

## FITTING INSTRUCTIONS

### Treat All Ankle Injuries

Introducing the first brace to treat all ankle injuries, including high ankle injuries. The Ultra High-5<sup>®</sup> brace with superior Hinged Cuff Technology is designed for the athlete who values exceptional ankle protection when playing sports.

### Hinged Cuff Technology

Helps restrict excessive rotational (twisting) and inversion (turning) forces that cause ankle injuries.



### STEP #1



If your shoe has a removable insole, place the Ultra High-5<sup>®</sup> beneath it.

### STEP #2



Place your foot inside the shoe. Then slide the bottom of the brace toward the back of the shoe as far as it will go.

### STEP #3



Secure the strap firmly and tie shoe laces.