

Use of Ankle support (Aircast)

The air-cast provides support to prevent further ankle injury by effectively limiting mobility. Always wear sock(s) before applying the ankle support to avoid skin irritation.

Application information

- Adjust heel pad width
 - Open brace and lift bottom of aircells until heel straps are fully exposed
 - Peel up heel strap and adjust heel pad width with the strap. The strap adjustment should be as short/tight as possible to give an effective support.
 - Firmly press heel straps and aircells back in place
- Apply brace
 - Put on sock or ankle wrap
 - Place round edge of heel pad under heel
 - Align brace pads with ankle
- Secure straps
 - Secure straps from bottom to top
 - Put on lace shoes or sneakers
- Adjust brace
 - Squeeze brace sides together with one hand
 - Tighten straps from bottom to top with other hand
 - Tighten for comfortable support

Ankle support (Aircast) Care

The entire ankle brace can be washed in lukewarm water with mild soap and air dried

