

# coretech™

## LACED ANKLE BRACE



Owner's Manual - SUP2070BLK

## OVERVIEW

We are constantly answering questions and recording helpful videos to make using your Coretech Laced Ankle Brace as easy as possible. Check out the included link and QR code to help you through the process.



To see all FAQs in one place  
visit **[vhealth.link/8f0dc](https://vhealth.link/8f0dc)**

## WHAT'S INCLUDED

- Vive Laced Ankle Brace

## INSTRUCTIONS

The Vive Laced Ankle Brace is designed to be worn over an athletic sock.

1. Loosen all straps and laces. Insert foot into the boot portion of the brace. Adjust the tongue of the brace to fit comfortably between your sock and the laces between your sock and the laces. Tighten and tie laces while seated with the foot flat on the floor. Check to make sure the laces are pulled tightly between all eyelets to ensure adequate support.



2. Wrap the inside (medial) strap forward across the top of the foot and under the heel, securing on the opposite side of the ankle.



3. In a similar fashion, wrap the outside (lateral) strap forward across the top of the foot and under the heel to the opposite side of the ankle.



4. With foot flat on the floor, use the finger loops at the top of each strap to firmly pull up and away on the straps to tighten. Reattach both straps to the sides of the boot.
5. Secure the ankle brace with the elastic cuff closure, covering the laces and straps.

## CLEANING

Hand wash in cool water. Hang to dry.

## WARNINGS

- Carefully read fitting instructions.
- This device will not prevent or reduce all injuries.
- For single patient use only.
- If you experience increased pain, swelling or any adverse reactions while wearing this brace, consult your physician.
- Periodic adjustments may be necessary depending on your level of activity.
- Product contains latex.

## SPECIFICATIONS

### Small

- Men: 8.5
- Women: 6–9.5

### Medium

- Men: 9–11
- Women: 10 – 12

### Large

- Men: 11.5 – 15
- Women: 12.5 – 16

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