

ACHILLES TENDON SUPPORT

DIRECTIONS



Wrap neoprene strap around ankle (preferably over socks) just above anklebone, with compression pad over Achilles tendon.



Firmly pull neoprene to compression level desired and attach with velcro. Elastic strap should be on side of ankle.



Point your toes, raising your heel, and wrap elastic strap under heel. Use both hands (one on either side of ankle) to pull additional elastic under heel.



Attach with velcro on other side of ankle.

Make sure strap stays in place as you put on shoe.

Note: Pro-Tec Athletics strongly urges consultation with a medical doctor before using any orthopedic support.

Warning: Do not adjust too tightly or wear while sleeping.