

JAPANESE

本製品を使用する前に必ず次の取扱説明をよくお読みください。本製品が適正に機能するためには正しい使用方法が不可欠です。

通知-Air-Stirrup Plusは足首の内反と外反を効果的に制限し、足首負荷の悪化を予防する上でのサポートとなります。

禁忌症：无

警告および注意：

- 以下のいずれかの症状がある場合、ただちに医療従事者に連絡してください。
 - 足趾が痺れやしびれを感じた場合。
 - 爪先が冷たく血の気がない(アンクルラップを装着している場合は、履めか取り外ししてください)。なお問題が続く場合には医療従事者に連絡してください。
 - 負傷後何日たっても負傷した足に体重をかけることができない。
 - 体重減少、体重増加が顕著にない。
 - 赤い発疹かいないで、徐々に腫れが増している。

ステップ1:腫れを和らげる

- 抬高脚部
- 用湿布包裏し敷包、敷包を脚部裏に
- 冷湿布パックを湿った布で包み、足趾に当てます。
- 1回につき15分は湿布を巻いてください。

アンクルラップ (Air-Stirrup Plus)と同様に腫れを取るのに役立ちますが、使用は最初の2-3日に限定してください。ラップはサポートの役割を果たしません。

- Ankle Wrap (Air-Stirrup Plus 随附)可以帮助减轻肿胀，且仅在受伤的最初几天使用。敷料不提供支持。
- 直接敷在皮肤上。
 - 从脚趾开始，一直包绕到脚踝。
 - 切勿拉伸敷料。
 - 每天重新包扎数次。

ステップ2:Air-Stirrupアングルブレースを装着し、歩行を始めます

- ブレースを開き、ヒールストラップが完全に出来るまでエアセルの下端を持ち上げます。
- ヒールストラップを上向きに削ぎし、心地よくフィットするまでヒールパッドの幅を調整します。
- ヒールパッドとエアセルを指定の位置にしっかりと押しつけます。
- ソックスかアンクルラップを使用します。
- ヒールパッドの丸い縁をかかとの下に置きます。
- ブレースの両側面をくるくると合わせます。
- ストラップを下向きに固定します。
- 幅の広い部分はユニカーを巻きます。

最初の1-2週間は、負傷した足首に体重をかける際は必ずブレースを装着してください。足首が完全するまでには何ヶ月もかかることがあるため、活動中Air-Stirrupアングルブレースを装着します。

- ブレースの両側面を手でつかんで取り、押さえてください。
- 用一只手按压前脚部、使其复位
- 用一只手从底部顶部拉紧带子
- 快速以获得舒适的支撑

調整方法：垂直飛行時、重新調整手以达舒适的压力。在高海拔地区、气囊的气压会预先充入气，通常不需调整。

高度調整：垂直飞行时，重新调整手以达舒适的压力。在高海拔地区、气囊的气压会预先充入气，因此气囊必须排出部分空气，将充气管插入气囊顶部的气门约1/16英寸，轻轻水平，排出少量空气或管吹气，添加少量空气（空呼吸器支持效果）。在入口正下方挤压阀门密封剂时，然后慢慢打开管子。缓慢关闭阀门。

正確な位置を調整します。足首の位置を調整します。足首の位置を調整する前に、負傷した足首の位置をブレースで正しく調整する必要があります。

歩行を開始します。歩行を開始する前に、負傷した足首の位置をブレースで正しく調整する必要があります。ゆっくり立ち上がり、歩幅小さく取り、まず負傷した足の外側を、次に負傷した地面につきます。

ステップ3:運動この運動を始めるときはゆっくり始めようが必ずしも必要ではありませんが、これは正常です。足首の疼痛がなくなったときに運動の強度を増やします。痛みがなくなったときに運動の強度を増やしても痛みが引かない場合は、ただちに医療従事者に連絡してください(裏表紙の見返しに記載されている「警告徴候」を参照)。

爪先を伸ばす運動脚を伸ばし、ゆっくりと爪先を前方に向け、次に爪先で天井を觸ります。

アルファベット運動負傷した脚を上にして脚を交差させます。足の関節でアルファベットの大きな文字を書きます。

運動訓練運動訓練は直ちに始める必要があります。各運動は1セット10回行い、毎日3セットまたは医療従事者の推奨に従って繰り返します。

踵蹴伸展将一条毛巾绕过脚踝，伸直您的腿，慢慢将毛巾拉向您，保持30秒，然后放松。

片側立ち負傷した足の足上げ、負傷した足を床にぴったりつけて立ちます、バランスを取りながらバランスを取りながら立ちます。各運動は10回を1セットとして毎日3セット繰り返します。

片側立ち片側立ち負傷した足の足上げ、負傷した足を床にぴったりつけて立ちます、バランスを取りながらバランスを取りながら立ちます。各運動は10回を1セットとして毎日3セット繰り返します。

手入れAir-Stirrupアングルブレースは低刺激性洗剤を溶かしたお湯で丸ごと手洗い、空乾燥させてください。

保証：ご購入之日起6个月内、如果出現材料或工艺方面的缺陷、DJO、LLC 将完整或部分地维修或更换设备及其附件。

不兼容性

ラテックス不使用

REV C

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REV C

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CHINESE

使用前器械之前、请仔细阅读完整地阅读下列使用说明。正确的应用对器械发挥正常功能非常重要。

用途/适应症：AIR STIRRUP PLUS 提供的支持可以有效限制内翻和外翻，逐步减少进一步受伤。

禁忌症：无

警告和注意事项：

- 如果出现以下任何症状、请立即通知您的医疗护理人员。
 - 脚部疼痛或刺痛感。
 - 脚趾发冷、苍白。(如果更正穿着 Ankle Wrap、请松开或取下。如果问题继续存在、请联系您的健康护理人员。)
 - 受伤几天后、您受伤的脚还不能承受重量。
 - 体重减轻、体重仍无明显变化。
 - 脚部红肿、移动能力下降。

第 1 步：缓解疼痛和肿胀

- 抬高脚部
- 用湿布包裹敷包、并在脚部裹上
- 冷湿布(Pack) 用湿润的布包裹、足趾上适当。
- 15 分钟用 15 分钟湿布敷在脚上。

Ankle Wrap (Air-Stirrup Plus 随附)可以帮助减轻肿胀，且仅在受伤的最初几天使用。敷料不提供支持。

- 直接敷在皮肤上。
- 从脚趾开始，一直包绕到脚踝。
- 切勿拉伸敷料。
- 每天重新包扎数次。

第 2 步：佩好 Air-Stirrup 脚蹻矫形器、然后行走

- 打开前脚部、把 Air-Stirrup Plus 的足跟垫和足弓垫完全展开。
- 向上拉紧带、调整足垫高度直到紧密贴合。
- 将前脚部和气囊直接套到脚上。
- 穿好袜套或气囊包裹物。
- 脚蹻刚好套于鞋垫的边缘的上方。
- 根据脚蹻脚垫调整鞋垫。
- 用带子从底部顶部固定。
- 穿上系带鞋或运动鞋。

在最初 2-3 周、只要您受伤的脚需要支撑、均应佩好矫形器。因为脚蹻完全康复可能需要几个月、因此活动时需要使用 Air-Stirrup 脚蹻矫形器。

Devido ao facto de que pode demorar vários meses para o tornozelo sarar completamente, use o Suporte Pneumático para o Tornozelo Air-Stirrup durante actividades físicas.

Aperte as tiras de apoio para o tornozelo com uma mão.

Aperte as tiras de apoio para cima e outra mão.

Aperte até obter um apoio confortável.

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PORTUGUESE

ANTES DE UTILIZAR O DISPOSITIVO, LEIA COMPLETAMENTE E COM CUIDADO AS SEGUINTES INSTRUÇÕES. A APLICAÇÃO CORRECTA É VITAL AO FUNCIONAMENTO CORRECTO DO DISPOSITIVO.

UTILIZAÇÃO PREVISTA/INDICAÇÕES: OS SUPORTES PNEUMÁTICOS PARA O TORNOZELO STIRRUP PLUS FORNECEM APOIO PARA PREVENIR LESÕES ADICIONAIS DO TORNOZELO LIMITANDO, DE FORMA EFICAZ, A INVERSÃO E A EVERSIÃO DO TORNOZELO.

CONTRAINDICAÇÕES: NA ADVERTÊNCIAS E PRECAUCOES:

Se tiver um dos seguintes sintomas, contacte o seu profissional de saúde imediatamente.

- Dormência ou formigamento no pé.
- Dedos do pé frios e pálidos. (Se estiver a usar uma Ligadura para o Tornozelo, desaperte-a e retire-a. Se o problema persistir, contacte o seu profissional de saúde.)
- Incapacidade de colocar peso no pé lesionado quatro dias depois da lesão.
- Dor excessiva que não melhora depois de descansar.
- Aumento do inchaço e diminuição da mobilidade.

Passo 1: Reduzir a Dor e o Inchaço

- Eleve o pé
- Coloque gelo num pano húmido e coloque no tornozelo
- Aplique o gelo na região afectada durante 15 minutos de cada vez.

A ligadura para o Tornozelo (incluída com o Suporte Pneumático para o Tornozelo Air-Stirrup Plus) ajudará a reduzir o inchaço e deve ser usada durante os primeiros dias apenas. A ligadura não fornece suporte.

- Coloque directamente na pele.
- Conecte nos dedos do pé e enrole pela perna acima.
- Não estique a ligadura.
- Retire e coloque a ligadura várias vezes ao dia.

Passo 2: Coloque o Suporte Pneumático para o Tornozelo Air-Stirrup e, em seguida, Caminhe

Abra o suporte para o tornozelo e levante a parte inferior das células pneumáticas até que as tiras estejam completamente ajustadas.

Deslize as tiras para o calcanhar e ajuste a largura da almofada para o calcanhar de forma a ficar estável.

Primeiramente as tiras para o calcanhar e as células pneumáticas para colocá-las no lugar.

Coloque uma meia ou uma ligadura à volta do tornozelo.

Coloque a ponta redonda da almofada para o calcanhar sob o calcanhar.

Retire os lados do suporte como o tornozelo.

Prenda as tiras de baixo para cima.

Calcule um sapato com atacadores ou sapatilhas.

Use o suporte para o tornozelo durante 2 a 3 semanas sempre que se apoiar no tornozelo lesionado.

Devido ao facto de que pode demorar vários meses para o tornozelo sarar completamente, use o Suporte Pneumático para o Tornozelo Air-Stirrup durante actividades físicas.

Aperte as tiras de apoio para o tornozelo com uma mão.

Aperte as tiras de apoio para cima e outra mão.

Aperte até obter um apoio confortável.

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ČEŠTINA

PŘED POUŽITÍM TOHOTO NÁSTROJE SI PROSÍM PEČLIVĚ PŘEČTĚTE VEŠKERÉ NÁSLEDUJÍCÍ INSTRUKCE. SPRÁVNÁ APLIKACE JE NEZBYTNÁ PRO SPRÁVNOU FUNKCI NÁSTROJE.

ZAMÝŠLENÉ POUŽITÍ/INDIKACE: AIR STIRRUP PLUS POSKYTUJE PODPORU K ZABRÁNĚNÍ DALŠÍHO ZKRAŽNĚNÍ ÚČINNÝM OMEZENÍM INVERZE A EVERZE KOTNIKU.

KONTRAINDIKACE – VÝROVNĚNÍ A BEZPEČNOSTNÍ OPATŘENÍ:

Se třívem um dos seguintes sintomas, contacte o seu profissional de saúde imediatamente.

- Dormência ou formigamento no pé.
- Dedos do pé frios e pálidos. (Se estiver a usar uma Ligadura para o Tornozelo, desaperte-a e retire-a. Se o problema persistir, contacte o seu profissional de saúde.)
- Incapacidade de colocar peso no pé lesionado quatro dias depois da lesão.
- Dor excessiva que não melhora depois de descansar.
- Aumento do inchaço e diminuição da mobilidade.

Passo 1: Reduzir a Dor e o Inchaço

- Eleve o pé
- Coloque gelo num pano húmido e coloque no tornozelo
- Aplique o gelo na região afectada durante 15 minutos de cada vez.

A ligadura para o Tornozelo (incluída com o Suporte Pneumático para o Tornozelo Air-Stirrup Plus) ajudará a reduzir o inchaço e deve ser usada durante os primeiros dias apenas. A ligadura não fornece suporte.

- Coloque directamente na pele.
- Conecte nos dedos do pé e enrole pela perna acima.
- Não estique a ligadura.
- Retire e coloque a ligadura várias vezes ao dia.

Passo 2: Coloque o Suporte Pneumático para o Tornozelo Air-Stirrup e, em seguida, Caminhe

Abra o suporte para o tornozelo e levante a parte inferior das células pneumáticas até que as tiras estejam completamente ajustadas.

Deslize as tiras para o calcanhar e ajuste a largura da almofada para o calcanhar de forma a ficar estável.

Primeiramente as tiras para o calcanhar e as células pneumáticas para colocá-las no lugar.

Coloque uma meia ou uma ligadura à volta do tornozelo.

Coloque a ponta redonda da almofada para o calcanhar sob o calcanhar.

Retire os lados do suporte como o tornozelo.

Prenda as tiras de baixo para cima.

Calcule um sapato com atacadores ou sapatilhas.

Use o suporte para o tornozelo durante 2 a 3 semanas sempre que se apoiar no tornozelo lesionado.

Devido ao facto de que pode demorar vários meses para o tornozelo sarar completamente, use o Suporte Pneumático para o Tornozelo Air-Stirrup durante actividades físicas.

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SUOMI

LUE SEURAAVAT OHJEET HUOLELLISESTI KOKONAAN ENNEN LAITTEEN KÄYTTÖÄ. OIKEA KIINNITTÄMINEN ON TÄRKEÄÄ LAITTEEN ASIANMUKAISEN TOIMINNAN KANNALTA.

KÄYTTÖTARKOITUS / INDIKATIOIT: AIR STIRRUP PLUS TUKEE NILKIKÄÄ JA EHKAISEE LISÄVAMMOJA RAJOTTAMALLA TEHOKASTI INVERSIOTA JA EVERSIOTA.

KONTRAINDIKAATIOIT – VUOROTUKSET JA TURVALLISUUSOPITUKSET:

Jos sinulla on jokin seuraavista oireista, ota yhteyttä terveydenhuoltoalan ammattilaiseen välittömästi.

- Jalka tuntuu puuttuneelta tai kihelmävältä.
- Varpaid ovat kylmiä ja pälidit. (Jos käytät nilkkääkäärtä, löysä ki tai poista se. Jos ongelma jatkuu, ota yhteyttä terveydenhuoltoalan ammattilaiseen.)
- Vammuttautumisen jälkeen ei voi varpaita painoa näitä päivää vammaan tapahtumisen jälkeen.
- Kähtänyt kipua, joka ei helpotu lepoamalla.
- Turvotus lisääntynyt liikkuvuuden vähenemisen.

Vaihe 1: Vähennä kipua ja turvotusta

- Kohota jalka ylös
- Kääri kylmäpakkaus kostean kankaaseen ja aseta nilkan päälle
- Käytä 15 minuuttia kerrallaan.

Nilkkäkääri (joka toimitetaan Air-Stirrup Plus mukana) auttaa turvotuksen vähentämisessä. Sitä tulee käyttää vain muutamien ensimmäisten päivien ajan. Kääri ei anna tukea.

- Aseta suoran tuen.
- Alota varpasta ja kääri säären ympärille.
- Älä venytä kääriä.
- Kääri uudelleen monta kertaa päivässä.

Vaihe 2: Pue Air-Stirrup –nilkkätuki jalkaan, ja kävele

Avaat tuen ja nostat ilmatyynyn pohjalle, kummit kantapäähinnoista avoimiksi ja kädessä nostat kantapäähinnoista ylös ja säädät kantapäähinnojen leveyttä sopivaksi.

Paina kantapäähinnoja ja ilmatyynyä tukeaville paikkoille.

Pue jalkaan nastallinen kenkä tai lenkkisuora.

Käytä tukea ensimmäisen 2-3 viikon aikana aina, kun varrat painat vammautumisen nilkan päälle. Koska nilkan yhteyden parantuminen vie sidoksia, käytä Air-Stirrup –nilkkätukea liikkuessasi.

Purista tuen reunaa nilkan kanssa.

Kiristä hieman alhaalta ylöspäin.

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SVENSKA

LÄS FÖLJANDE ANVISNINGAR NOGRGRANT OCH FULLSTÄNDIGT INNAN DU ANVÄNDER PRODUKTEN. KORREKT APLIKATION ÄR AV STÖRSTA VIKT FÖR PRODUKTENS KORREKTA FUNKTION.

ANVEDO ANVÄNDNINGSDIAGRAMMER: AIR STIRRUP PLUS TILLHANDAHÄLLER STÖD FÖR ATT FÖREBYGGA YTTRELIKA SKADOR GENOM ATT EFFEKTIVT BEGRÄNSA ANKELNS INVERSION OCH EVERSION.

KONTRAINDIKATIONER: ETTILLMÅNGT VARNINGAR OCH FÖRSIKTIGHETSÅTGÄRDER:

Om du drabbas av något av följande symptom, kontakta genast din läkare.

- Dominerande eller stickningar i foten.
- Kalla, bleka tår. (Om du bär ankellindan, lossa eller ta bort den. Om problemet kvarstår, kontakta genast din läkare.)
- Öförmåga att stödja på den skadade foten fyra dagar efter det att skadan inträffade.
- Stark smärta som inte avtar vid vila.
- Ökad svullhet och minskad rörlighet.

Steg 1: Minska smärta och svullnad

- Höj upp foten
- Lindas in en isplåst i en fuktig duk och placera på ankeln
- Använd 15 minuter åt gången.

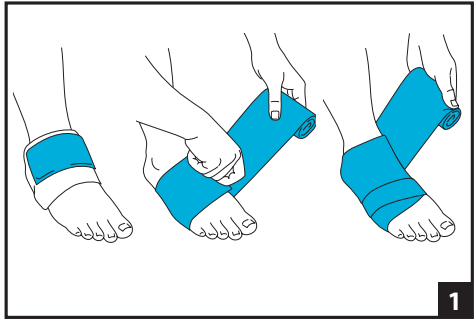
Ankellindan (medföljer Air-Stirrup Plus) bidrar till att minska svullnad och ska endast användas de första dagarna. Lindan ger stöd.

- Aggras osäker på huden.
- Börja vid tårna och linda uppåt benet.
- Täjt inte ut lindan.
- Linda om åtskilliga gånger per dag.

Steg 2: Applicera Air-Stirrup ankelstödet, och börja gå

Öppna stödanordningen och lyft upp luftcellerna nedskant tills hällemmarna är helt frigjorda.

Drä upp häl



ENGLISH

BEFORE USING THE DEVICE, PLEASE READ THE FOLLOWING INSTRUCTIONS COMPLETELY AND CAREFULLY. CORRECT APPLICATION IS VITAL TO THE PROPER FUNCTIONING OF THE DEVICE.

INTENDED USE / INDICATIONS: The AIR STIRRUP PLUS PROVIDES SUPPORT TO PREVENT FURTHER INJURY BY EFFECTIVELY LIMITING ANKLE INVERSION AND EVERSION.

CONTRAINDICATIONS: NA

WARNINGS AND PRECAUTIONS:

If you have any of the following signs, contact your healthcare professional immediately.

- Numbness or tingling in your foot.
• Cold, pale toes. (If you are wearing the Ankle Wrap, loosen or remove it. If the problem persists, contact your healthcare professional.)
• Inability to put weight on your injured foot four days after injury.
• Excessive pain that does not lessen with rest.
• Increase in swelling along with a decrease in mobility.

Step 1: Reduce Pain and Swelling

- Raise your foot.
• Wrap cold pack in a moist cloth and place on your ankle.
• Use 15 minutes at a time.

The Ankle Wrap (included in the Air-Stirrup Plus) will help reduce swelling and should be used for the first few days only. The wrap does not provide support.

- Apply directly on your skin.
• Begin at your toes and wrap up your leg.
• Do not stretch the wrap.
• Repeat several times a day.

Step 2: Apply the Air-Stirrup Ankle Brace, then Walk

- Open brace and lift bottom of aircell until heel straps are fully exposed
• Apply heel straps and adjust heel pad width for a snug fit
• Firmly press heel straps and aircells back in place
• Put on sock or ankle wrap
• Place round edge of heel pad under heel
• Align brace sides with ankle
• Secure straps from bottom to top
• Put on lace shoe or sneaker

Wear the brace for the first 2-3 weeks whenever you are putting weight on your injured ankle. Because it can take months for your ankle to heal completely, wear the Air-Stirrup Ankle Brace during activities.

- Squeeze brace sides together with one hand
• Tighten straps from bottom to top with other hand
• Tighten for comfortable support.

ANKLE BRACE FIT ADJUSTMENT

If you experience pinching or uneven pressure, reposition brace or readjust heel pad and straps. Ankle Brace aircells are preinflated and normally do not require adjustment.

HIGH ALTITUDE: WHEN FLYING, READJUST THE STRAPS TO A COMFORTABLE PRESSURE. AT HIGH ALTITUDES THE AIRCELLS WILL EXPAND BEYOND THEIR OPTIMAL LEVEL AND AIR WILL BE REMOVED FROM THE AIRCELLS.

INSERT INFLATION TUBE ABOUT 1 1/2" INTO VALVE ON TOP OF AIRCELL. REMOVE A SMALL AMOUNT OF AIR BY GENTLY SQUEEZING AIRCELL, OR AD A SMALL AMOUNT OF AIR BY BLOWING INTO TUBE (TOO MUCH AIR WILL REDUCE SUPPORT). SEAL VALVE BY SQUEEZING THE VALVE FLAT, AND, SLOWLY REMOVE TUBE. FOLD AND CLOSE VALVE.

Correctly position your ankle...

Your injured ankle must be correctly positioned with the brace on, before standing or walking. While seated, bend your knee and slowly move your injured foot in toward your body until your foot is flat on the floor.

...then Walk.

Slowly stand. Take small steps, putting the heel of your injured foot on the ground first, then your toes.

Step 3: Exercise

When you begin these exercises, you may have additional soreness - this is normal. Progress through the exercises as you allow. If pain becomes excessive and doesn't subside with rest and ice, contact your healthcare professional immediately (see "Warning Signs" on inside back cover).

Toe Point

Extend your leg and slowly point your toes forward, then slowly point your toes toward ceiling. Alphabet Exercise

Cross your legs with your injured leg on top. Draw the alphabet in capital letters with your leg toe.

Motion Exercises

Each exercise should be started immediately. Each exercise should be done 10 times and repeated 3 times a day, or as recommended by your healthcare professional.

Achilles Stretch

Wrap a towel around the ball of your foot and straighten your leg. Slowly pull the towel toward you. Hold for 30 seconds, then release.

Balance Exercises

After you have successfully completed the Motion Exercises, begin the Balance Exercises. For each exercise you will have to stand, using a chair or wall for balance. Do each exercise 10 times and repeat 3 times a day.

Toe Raise

Stand on both feet, holding a chair or wall for balance. Slowly move up and down on the toes of both feet. Raise your uninjured foot. Slowly move up and down on the toes of your injured foot.

Single Leg Stand

Stand with your injured foot flat on the floor and your other foot raised. Balance for up to 30 seconds.

Care

The entire Air-Stirrup Ankle Brace can be hand washed in lukewarm water with mild soap and air dried.

WARRANTY: DJO, LLC will repair or replace all or part of the unit and its accessories for material or workmanship defects for a period of six months from the date of sale.

LATEX FREE

NOTICE: WHILE EVERY EFFORT HAS BEEN MADE IN STATE-OF-THE-ART TECHNIQUES TO OBTAIN THE MAXIMUM COMPATIBILITY OF FUNCTION, STRENGTH, DURABILITY AND COMFORT, THIS DEVICE IS ONLY ONE ELEMENT OF THE OVERALL TREATMENT PROGRAM ADMINISTERED BY A MEDICAL PROFESSIONAL. THERE IS NO GUARANTEE THAT INJURY WILL BE PREVENTED THROUGH THE USE OF THIS PRODUCT.

CAUTION: FEDERAL LAW (U.S.A.) RESTRICTS THIS DEVICE TO SALE BY OR ON THE ORDER OF A LICENSED HEALTH CARE PROFESSIONAL.

ESPAÑOL

ANTES DE UTILIZAR ESTE DISPOSITIVO, LEA POR FAVOR ESTAS INSTRUCCIONES COMPLETA Y CUIDADAMENTE. EL USO CORRECTO ES FUNDAMENTAL PARA EL FUNCIONAMIENTO APROPIADO DE ESTE DISPOSITIVO.

APLICACIONES / INDICACIONES: EL APOYO QUE APORTA LA SUJECIÓN AIR-STIRRUP PLUS LIMITA EFICAZMENTE LA INVERSIÓN Y LA EVERSIÓN DEL TOBILLO E IMPIDE NUEVAS LESIONES.

CONTRAINDICACIONES: NO PROCEDE

ADVERTENCIAS Y PRECAUCIONES:

- Si nota cualquiera de los síntomas siguientes, consulte inmediatamente a su profesional sanitario.
• Entumecimiento o hormigueo en su pie.
• Dolor, pies fríos o pálidos. (Si tiene puesta la envoltura de tobillo, ajústela o quítela. Si el problema persiste, consulte a su profesional sanitario.)
• Imposibilidad de apoyarse en el pie herido, cuatro días después de la lesión.
• Dolor excesivo, que no se alivia descansando el pie.
• Aumento de la hinchazón acompañada de pérdida de movilidad.

Fase 1: Reduzca el dolor y la hinchazón

- Eleve el pie.
• Envuelva la compresa fría en un paño húmedo y aplíquela al tobillo.
• Úsela en períodos de 15 minutos.

La envoltura de tobillo incluida con la sujeción Air-Stirrup Plus ayuda a reducir la hinchazón y solo debe utilizarse los primeros días. La envoltura no aporta apoyo.

- Aplíquela directamente sobre la piel.
• Empiece a envolver por los dedos de los pies y vaya subiendo por la pierna.
• No estire la envoltura.
• Realice esta operación varias veces al día.

Fase 2: Aplique la Sujeción Air-Stirrup para tobillo y camine

- Abra la sujeción y eleva la parte inferior de las celdillas neumáticas hasta que las correas del talón queden totalmente expuestas
• Coloque las correas del talón y fije la anchura de la talonera hasta que ajuste bien
• Presione firmemente las correas del talón y las celdillas neumáticas para devolverlas a su lugar
• Póngase el calcetín o la envoltura de tobillo
• Coloque el borde redondeado de la talonera bajo el talón
• Alinee los laterales de la sujeción, apretándolos con una mano
• Alinee los laterales de la sujeción con el tobillo
• Abra las correas, empezando por abajo
• Póngase un zapato de cordones o una zapatilla de deporte

Utilice la sujeción durante las 2-3 semanas iniciales, siempre que vaya a apoyarse en el tobillo lesionado. Como el tobillo puede necesitar varios meses para sanar completamente, use la sujeción Air-Stirrup para tobillo cuando realice cualquier actividad.

- Una los laterales de la sujeción, apretándolos con una mano
• Apretete las correas con la otra mano, empezando por abajo
• Apretete la sujeción hasta que quede cómodo

Alta ALTITUDE: CUANDO VIAJE, REAJUSTE LAS CINTAS A UNA PRESIÓN COMFORTABLE. EN ALTITUDES ALTAS LAS CÉLULAS DE AEROSIL SE EXPANDEN MÁS ALLÁ DE SU NIVEL ÓPTIMO Y HAY QUE QUITARLES AIRE. INTRODUZCA EL TUBO DE INFLAR UNOS 3,8 CM (1 1/2") EN LA VÁLVULA DE LA PARTE SUPERIOR DE LA CÉLULA NEUMÁTICA. RETIRE CUIDADAMENTE LA CÉLULA NEUMÁTICA PARA EXTRAER UN POCO DE AIRE. O SOPLE EN EL TUBO PARA AÑADIR UN POCO MÁS (UN EXCESO DE AIRE REDUCE EL APOYO). APRIETE LA VÁLVULA JUSTO POR DEBAJO DEL TUBO, HASTA QUE QUEDA CERRADA, Y EXTRAIGA EL TUBO POCO A POCO. PLEGUE LA VÁLVULA Y CIÉRRELA.

Coloque el tobillo en posición correcta... El tobillo lesionado debe colocarse correctamente, con la sujeción puesta, antes de levantarse o de caminar.

...then Walk. Slowly stand. Take small steps, putting the heel of your injured foot on the ground first, then your toes.

Step 3: Exercise. When you begin these exercises, you may have additional soreness - this is normal. Progress through the exercises as you allow. If pain becomes excessive and doesn't subside with rest and ice, contact your healthcare professional immediately (see "Warning Signs" on inside back cover).

Toe Point. Extend your leg and slowly point your toes forward, then slowly point your toes toward ceiling. Alphabet Exercise. Cross your legs with your injured leg on top. Draw the alphabet in capital letters with your leg toe.

Motion Exercises. Each exercise should be started immediately. Each exercise should be done 10 times and repeated 3 times a day, or as recommended by your healthcare professional.

Achilles Stretch. Wrap a towel around the ball of your foot and straighten your leg. Slowly pull the towel toward you. Hold for 30 seconds, then release.

Balance Exercises. After you have successfully completed the Motion Exercises, begin the Balance Exercises. For each exercise you will have to stand, using a chair or wall for balance. Do each exercise 10 times and repeat 3 times a day.

Toe Raise. Stand on both feet, holding a chair or wall for balance. Slowly move up and down on the toes of both feet. Raise your uninjured foot. Slowly move up and down on the toes of your injured foot.

Single Leg Stand. Stand with your injured foot flat on the floor and your other foot raised. Balance for up to 30 seconds.

Care. The entire Air-Stirrup Ankle Brace can be hand washed in lukewarm water with mild soap and air dried.

WARRANTY: DJO, LLC will repair or replace all or part of the unit and its accessories for material or workmanship defects for a period of six months from the date of sale.

LATEX FREE

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DEUTSCH

VOR GEBRAUCH DER VORRICHTUNG BITTE DIE GEBRAUCHSANWEISUNG SORGFÄLTIG DURCHLESEN. DIE EINWANDFREIE FUNKTION DER VORRICHTUNG IST NUR BEI RICHTIGEM ANLEGEN GEWÄHRLEISTET.

ZWECKBESTIMMUNG/INDIKATIONEN: DIE AIR STIRRUP PLUS BIEGT ÜBERLÖSUNGSEITIG MIT LUFTZELLENI BIETET EINE STÜTZUNG ZUR VERMEIDUNG WEITERER KNOCHENVERLETZUNGEN, INDEM DIE INVERSION UND EVERSION ENGESCHRÄNKT WERDEN.

CONTRAINDICATIONEN: KEINE

WARNUNGEN UND VORSICHTSMASSNAHMEN:

- Wenn Sie einen der folgenden Zustände auftritt, wenden Sie sich bitte sofort an Ihren Arzt.
• Taubheit oder Kribbeln im Fuß.
• Kalte, blasse Zehen. (Wenn ein Knöchelwickel getragen wird, muss dieser gelockert bzw. entfernt werden. Kann das Problem nicht behoben werden, wenden Sie sich bitte an Ihren Arzt.)
• Unfähigkeit, vier Tage nach der Verletzung den verletzten Fuß zu belasten.
• Übermäßige Schmerzen, die durch Ruhelaststellung nicht gelindert werden können.
• Zunehmende Schwellungen zusammen mit eingeschränkter Mobilität.

Schritt 1: Schmerzen und Schwellungen reduzieren

- Den Fuß hochlegen.
• Eine Kühlpackung in ein feuchtes Tuch wickeln und auf den Knöchel legen.
• Diese Anwendung jeweils 15 Minuten lang durchführen.

Der Knöchelwickel (Teil des Lieferumfangs des Air-Stirrup Plus) hilft bei der Reduzierung von Schwellungen und darf nur die ersten Tage nach der Verletzung benutzt werden. Dieser Wickel bietet keine Stütze.

- Direkt auf der Haut anbringen.
• Bei den Zehen beginnend und am Bein entlang nach oben wickeln.
• Commencer au niveau des orteils et enrouler en remontant vers la jambe.
• Den Wickel nicht dehnen.
• Die Wicklung mehrmals täglich neu anlegen.

Schritt 2: Applikation der Ankerleiste a staffa Air-Stirrup und demabulation

- Die Orthese öffnen und die Unterseite der Ankerleiste anheben, bis die Fersengurte völlig freiliegen.
• Die Gurte nach oben ziehen und das Fersengap beiseite einstellen.
• Die Fersengurte und die Luftzellen wieder fest einrücken.
• Einen Strumpf oder einen Knöchelwickel anziehen.
• Die rechte Kante des Fersengap unter der Ferse platzieren.
• Die Orthese mit den beiden Knöchel anziehen.
• Die Gurte von unten nach oben schließen.
• Die Gurte festziehen, bis die Orthese bequem sitzt.

Per 2-3 settimane indossate la cavigliera a staffa Air-Stirrup Plus continuando a ridurre il gonfiore e dovete essere utilizzate solo per i primi giorni. Il bendaggio non fornisce alcun supporto.

- Direttamente sulla pelle.
• Partire dalle dita dei piedi e salire verso la gamba.
• Commencer au niveau des orteils et enrouler en remontant vers la jambe.
• Non tendere il bendaggio.
• Riapplicare più volte al giorno.

Per le prime 2-3 settimane indossate la cavigliera a staffa Air-Stirrup Plus continuando a ridurre il gonfiore e dovete essere utilizzate solo per i primi giorni. Il bendaggio non fornisce alcun supporto.

...then Walk. Slowly stand. Take small steps, putting the heel of your injured foot on the ground first, then your toes.

Step 3: Exercise. When you begin these exercises, you may have additional soreness - this is normal. Progress through the exercises as you allow. If pain becomes excessive and doesn't subside with rest and ice, contact your healthcare professional immediately (see "Warning Signs" on inside back cover).

Toe Point. Extend your leg and slowly point your toes forward, then slowly point your toes toward ceiling. Alphabet Exercise. Cross your legs with your injured leg on top. Draw the alphabet in capital letters with your leg toe.

Motion Exercises. Each exercise should be started immediately. Each exercise should be done 10 times and repeated 3 times a day, or as recommended by your healthcare professional.

Achilles Stretch. Wrap a towel around the ball of your foot and straighten your leg. Slowly pull the towel toward you. Hold for 30 seconds, then release.

Balance Exercises. After you have successfully completed the Motion Exercises, begin the Balance Exercises. For each exercise you will have to stand, using a chair or wall for balance. Do each exercise 10 times and repeat 3 times a day.

Toe Raise. Stand on both feet, holding a chair or wall for balance. Slowly move up and down on the toes of both feet. Raise your uninjured foot. Slowly move up and down on the toes of your injured foot.

Single Leg Stand. Stand with your injured foot flat on the floor and your other foot raised. Balance for up to 30 seconds.

Care. The entire Air-Stirrup Ankle Brace can be hand washed in lukewarm water with mild soap and air dried.

WARRANTY: DJO, LLC will repair or replace all or part of the unit and its accessories for material or workmanship defects for a period of six months from the date of sale.

LATEX FREE

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ITALIANO

PRIMA DELL'USO, LEGGERE INTERAMENTE E ATTENTAMENTE LE SEGUENTI ISTRUZIONI. LA CORRETTA APPLICAZIONE È DI FONDAMENTALE IMPORTANZA PER UN BUON FUNZIONAMENTO.

USO PREVISTO / INDICAZIONI: LA CAVIGLIERA A STAFFA AIR STIRRUP PLUS FORNISCE SUPPORTO PER LA PREVENZIONE DI ULTERIORI LESIONI LIMITANDO IN MODO EFFICACE L'INVERSIONE E L'EVERSIONE DELLA CavigLIA.

CONTRAINDICAZIONI: NON TENERE

AVVERTENZE E PRECAUZIONI:

- In caso di vertigini o qualsiasi dei seguenti sintomi, contattare immediatamente l'operatore sanitario.
• Indolenzimento o formicolio del piede.
• Dito del piede freddo e/o pallido (se il bendaggio non fornisce alcun supporto, lo stesso vale per la caviglia, allentarlo o rimuoverlo).
• Incapacità di supportare il proprio peso sul piede lesa o quattro giorni dalla lesione.
• Dolore eccessivo che non diminuisce a riposo.
• Aumento del gonfiore accompagnato da una diminuzione della mobilità.

Fase 1: Riduzione del dolore e del gonfiore

- Sollevare il piede.
• Avvolgere un impacco freddo in un panno umido e posizionarlo sulla caviglia.
• Applicare per 15 minuti alla volta.

Il bendaggio per caviglia incluso nella cavigliera a staffa Air-Stirrup Plus contribuisce a ridurre il gonfiore e deve essere utilizzato solo per i primi giorni. Il bendaggio non fornisce alcun supporto.

- Direttamente sulla pelle.
• Partire dalle dita dei piedi e salire verso la gamba.
• Commencer au niveau des orteils et enrouler en remontant vers la jambe.
• Non tendere il bendaggio.
• Riapplicare più volte al giorno.

Per le prime 2-3 settimane indossate la cavigliera a staffa Air-Stirrup Plus continuando a ridurre il gonfiore e dovete essere utilizzate solo per i primi giorni. Il bendaggio non fornisce alcun supporto.

...then Walk. Slowly stand. Take small steps, putting the heel of your injured foot on the ground first, then your toes.

Step 3: Exercise. When you begin these exercises, you may have additional soreness - this is normal. Progress through the exercises as you allow. If pain becomes excessive and doesn't subside with rest and ice, contact your healthcare professional immediately (see "Warning Signs" on inside back cover).

Toe Point. Extend your leg and slowly point your toes forward, then slowly point your toes toward ceiling. Alphabet Exercise. Cross your legs with your injured leg on top. Draw the alphabet in capital letters with your leg toe.

Motion Exercises. Each exercise should be started immediately. Each exercise should be done 10 times and repeated 3 times a day, or as recommended by your healthcare professional.

Achilles Stretch. Wrap a towel around the ball of your foot and straighten your leg. Slowly pull the towel toward you. Hold for 30 seconds, then release.

Balance Exercises. After you have successfully completed the Motion Exercises, begin the Balance Exercises. For each exercise you will have to stand, using a chair or wall for balance. Do each exercise 10 times and repeat 3 times a day.

Toe Raise. Stand on both feet, holding a chair or wall for balance. Slowly move up and down on the toes of both feet. Raise your uninjured foot. Slowly move up and down on the toes of your injured foot.

Single Leg Stand. Stand with your injured foot flat on the floor and your other foot raised. Balance for up to 30 seconds.

Care. The entire Air-Stirrup Ankle Brace can be hand washed in lukewarm water with mild soap and air dried.

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FRANÇAIS

LIRE ATTENTIVEMENT LA TOTALITÉ DES INSTRUCTIONS SUIVANTES AVANT D'UTILISER LE DISPOSITIF. UNE MISE EN PLACE CORRECTE EST INDISPENSABLE AU BON FONCTIONNEMENT DU DISPOSITIF.

UTILISATION/INDICATIONS: L'ORTHÈSE AIR STIRRUP PLUS OFFRE UN SUPPORT POUR EMPÊCHER LES BLESSURES SUPPLÉMENTAIRES EN LIMITANT EFFICACEMENT L'INVERSION ET L'EVERSION DE LA CHEVILLE.

CONTRA-INDICATIONS: N'Y PAS OUBLIÉ

MISES EN GARDE ET PRÉCAUTIONS:

- En présence de l'un des signes suivants, contactez immédiatement un professionnel de la santé.
• Engourdissement ou fourmillement du pied.
• orteils froids, pâles. (En cas de port du bandage de cheville, le desserrer ou le retirer. Si le problème persiste, contactez le professionnel de la santé.)
• Incapacité de déplacer son propre poids sur le pied blessé quatre jours après la blessure.
• Douleur excessive qui ne diminue pas au repos.
• Augmentation de l'enflure accompagnée d'une diminution de la mobilité.

Étape 1 : Réduire la douleur et l'enflure

- Reléver le pied.
• Envelopper le blessé dans un linge humide et le placer sur la cheville.
• Utiliser 15 minutes à la fois.

Le bandage de la cheville (inclus dans le Air-Stirrup Plus) contribue à réduire l'enflure et doit être utilisé pendant les premiers jours uniquement. Le bandage n'offre pas de support.

- Appliquer directement sur la peau.
• Commencer au niveau des orteils et enrouler en remontant vers la jambe.
• Ne pas tendre le bandage.
• Réappliquer plus souvent.

Porter l'orthèse pendant les 2 ou 3 premières semaines toutes les fois que la cheville blessée supporte du poids. Parce que la guérison totale de la cheville peut nécessiter plusieurs mois, porter l'orthèse de cheville Air-Stirrup lors de toute activité.

...then Walk. Slowly stand. Take small steps, putting the heel of your injured foot on the ground first, then your toes.

Step 3: Exercise. When you begin these exercises, you may have additional soreness - this is normal. Progress through the exercises as you allow. If pain becomes excessive and doesn't subside with rest and ice, contact your healthcare professional immediately (see "Warning Signs" on inside back cover).

Toe Point. Extend your leg and slowly point your toes forward, then slowly point your toes toward ceiling. Alphabet Exercise. Cross your legs with your injured leg on top. Draw the alphabet in capital letters with your leg toe.

Motion Exercises. Each exercise should be started immediately. Each exercise should be done 10 times and repeated 3 times a day, or as recommended by your healthcare professional.

Achilles Stretch. Wrap a towel around the ball of your foot and straighten your leg. Slowly pull the towel toward you. Hold for 30 seconds, then release.

Balance Exercises. After you have successfully completed the Motion Exercises, begin the Balance Exercises. For each exercise you will have to stand, using a chair or wall for balance. Do each exercise 10 times and repeat 3 times a day.

Toe Raise. Stand on both feet, holding a chair or wall for balance. Slowly move up and down on the toes of both feet. Raise your uninjured foot. Slowly move up and down on the toes of your injured foot.

Single Leg Stand. Stand with your injured foot flat on the floor and your other foot raised. Balance for up to 30 seconds.

Care. The entire Air-Stirrup Ankle Brace can be hand washed in lukewarm water with mild soap and air dried.

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NEDERLANDS

LEES ONDERSTAANDE GEBRUIKSAANWIJZING AANDACHTIG EN VOLLEDIG DOOR VOORDAT U DIT INSTRUMENT GEBRUIKT. JUIST GEBRUIK IS BELANGRIJK VOOR EEN GOEDE WERKING VAN HET PRODUCT.

BEDOELD GEBRUIK/INDICATIES: DE AIR-STIRRUP PLUS BIEDT STEUN TER VOORKOMING VAN VERDER ENKELSTEL DOOR DE INVERSE EN EVERSE TE BEPALKEN.

CONTRA-INDICATIES: NIET

WAARSCHUWINGEN EN VOORZORGSMAATREGELEN:

- Neem onmiddellijk contact op met uw medisch verzorger als u de volgende symptomen ondervindt:
• Ongevoeligheid of tinteling in uw voet.
• Koude, witte tenen. (Als u de Ankle Wrap draagt, maak u deze losser of verwijdert u hem. Neem contact op met uw medisch verzorger als het probleem aanhoudt.)
• Promogelijkheid tot gewichtsoverbodiging van de wondwond, vier dagen na het ongeluk.
• Onvermogen de plaats van het pijnlijk op de voet los te maken.
• Toename van zwelling samen met afname van mobiliteit.
• Augmentatie de l'enflure accompagnée d'une diminution de la mobilité.

Stap 1: Reducer pijn en zwelling

- Heef je voet.
• Wikkel een cold pack in een vochtige doek en plaats het op uw enkel.
• Gebruik dit 15 minuten per keer.

De enkelsluit (meegeleverd met de Air-Stirrup Plus) helpt de zwelling verminderen en hoort alleen de eerste paar dagen gebruikt te worden. De wikkel biedt geen ondersteuning.

- Direct op uw huid aanbrengen.
• Begin bij uw tenen en wikkel omhoog op uw been.
• Begin met de wikkel niet uit.
• Breng de wikkel meerdere keren per dag opnieuw aan.

Stap 2: Breng de Air-Stirrup enkelsteun aan uw been op

- Open de steun en til de luchtcellen op zodat de behaardings helmak zijn blootgelegd.
• Trek de behaardings helmak in het pas de breedte van het hieltstuk aan zodat het strak past.
• Druk de hieltbandjes en de luchtcellen weer stevig op hun plaats.
• Trek een sok of enkelsluit aan.
• Plaats de ronde rand van het hieltstuk onder de hiel.
• Zet de zijgaten van de beugel in lijn met de enkel.
• Zet de bandjes van onder naar boven vast.
• Trek een sportchoes met veters aan.
• Attach the straps of the bas en haut.
• Chaussez une chaussure à laceret ou une chaussure de sport

Daag de beugel de eerste 2-3 weken telkens wanneer u de verwonde enkel doet. Draag de Air-Stirrup enkelsteun altijd tijdens activiteiten, omdat het maanden kan duren totdat uw enkel helemaal is genezen.

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