

AIRCAST[®] **Ankle Sprain Care Kit[™]**

Caring For Your Sprained Ankle

Includes:

- Information on application and use of all kit items
- Detailed instructions for each exercise

 **WARNING SIGNS**

If you have any of the following signs, contact your physician 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 physician.)**
- **Inability to put weight on your injured foot 4 days after injury.**
- **Excessive pain that does not lessen with rest.**
- **Increase in swelling along with a decrease in mobility.**

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Introduction

Your healthcare professional has prescribed the Aircast® Air-Stirrup® Ankle Brace to treat your ankle sprain. The brace will help protect your ankle from further injury and enable you to walk. In addition, the brace will “pump” swelling out of your ankle when you walk through the patented Duplex™ aircell system.

Approximately 27,000 ankle sprains occur each day in the United States. Doctors agree that the best way to heal a sprained ankle is with “functional management”. Functional management is based on the idea that a sprained ankle heals better and faster when the patient *uses* the injured ankle, while protecting it at the same time. Aircast pioneered the functional management of ankle sprains by developing the Air-Stirrup.

The kit includes:

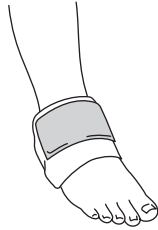
- **Aircast Air-Stirrup** — supports, protects, and reduces swelling.
- **Ankle Wrap** — works with Air-Stirrup to control swelling.
- **Cold Pack** — reduces pain.
- **Large Elastic Band** — helps strengthen ankle with exercises
- **Video** — provides information on kit and exercises.
- **Booklet** — provides information on kit and exercises.

Step 1 — Reduce pain and swelling

The **Cold Pack** reduces pain. Keep the pack in your freezer when not in use.

INSTRUCTIONS

Elevate your injured foot. Place a moist cloth, then the cold pack, on your ankle. Use 15 minutes at a time.

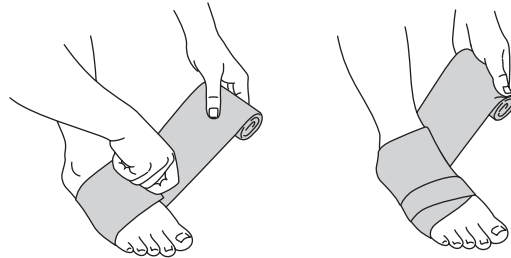


Do not use heat on your ankle.

The **Ankle Wrap** works with the Air-Stirrup® to reduce swelling but *does not* provide support. Use the wrap only for the first few days.

INSTRUCTIONS

Start wrapping at your toes, moving up your leg. Overlap the wrap as you go. Rewrap several times a day to control swelling in your ankle (**see “Warning Signs” on inside front cover**).



Step 2 — Apply the Air-Stirrup®

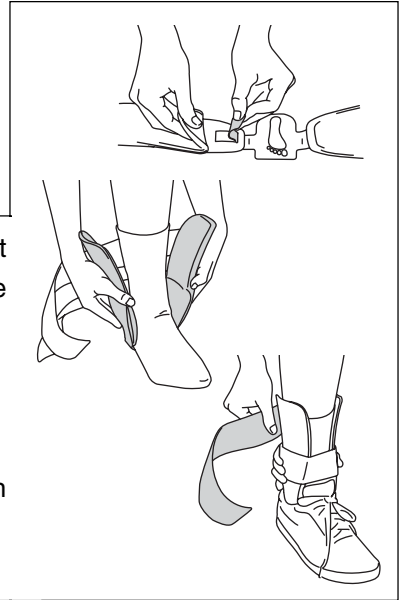
Wear the brace for the first 2 – 3 weeks whenever you are putting weight on your injured foot. Because it can take months for your ankle to heal completely, wear the brace during activities.

INSTRUCTIONS

Open the brace and lift bottom of the aircells. Peel up the heel straps, adjust width, and press back in place. Always put on a sock or Ankle Wrap. Place round edge of heelpad under your heel, and align brace with your ankle.

Secure straps from *bottom to top*, then put on a lace shoe/sneaker.

Squeeze brace sides together with one hand while tightening straps from bottom to top. Tighten for comfortable support.



Adjusting the fit of the Ankle Brace

Ankle Brace aircells are preinflated and normally do not require adjustment. If you feel pinching or uneven pressure, reposition the brace or readjust the heelpad and straps using lines on the heelpad as your guide. If you still feel pinching or uneven pressure, you can add or remove air from the aircells (see instructions below).

At high altitudes the aircells will expand and air will have to be removed from the aircells (see instructions below). When flying, readjust the straps to a comfortable pressure.

INSTRUCTIONS

Unfold the valve on the top of the aircell and insert the inflation tube 1½ inches into the valve.

Remove a *small amount* of air by gently squeezing the aircell, or add a *small amount* of air by blowing into the tube (too much air will reduce support).

Squeeze the valve flat just below the end and slowly remove the tube. Fold the valve.

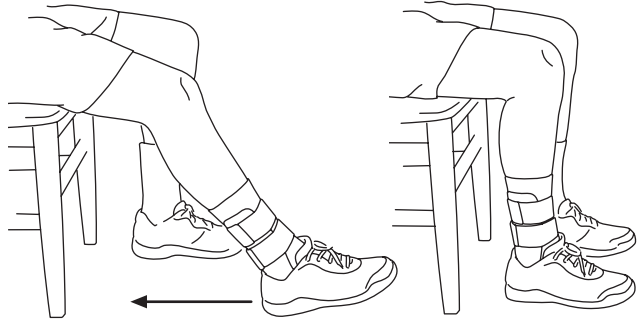
Step 3 — Correctly position your ankle

It may take some time to bend your ankle into this position for walking, but it is *critical* for your recovery.

INSTRUCTIONS

While seated with your injured foot on the floor, bend your knee and slowly move your injured foot toward your body until your foot is flat on the floor.

Your injured ankle must be in this position, with the brace on, before standing or walking.

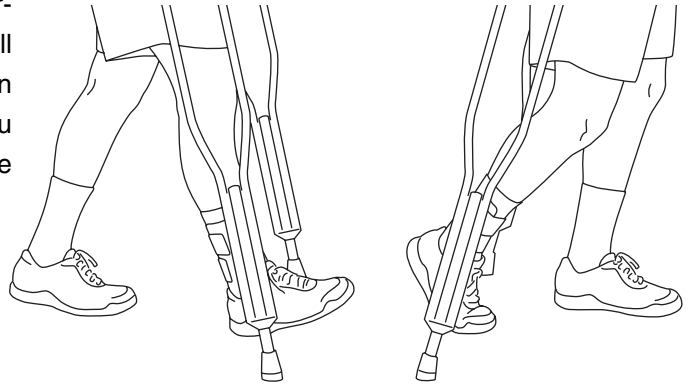


Step 4 — Walk

Protected movement, moving your injured ankle with the brace on, will help your ankle become healthy and strong. The Air-Stirrup® will protect your ankle and help reduce swelling as you walk.

INSTRUCTIONS

Slowly stand. (Make sure your leg is in the correct position as shown in Step 3). Take small steps, putting the heel of your injured foot on the ground first, then your toe. If needed, you may use crutches to help you put a comfortable amount of weight on your injured ankle.



Step 5 — Exercise

You will have to help your ankle regain its strength with exercise. The simple exercises in this book can be done in your home or office.

When you begin these exercises, you may have additional soreness — *this is normal*. Listen to your body and progress from one exercise to the next as your ankle will allow. If the pain becomes excessive and doesn't subside with rest and ice, **contact your physician immediately (see “Warning Signs” on the inside front cover)**.

Do each exercise 10 times; repeat 3 times a day (or as suggested by your healthcare professional).

Types of exercises

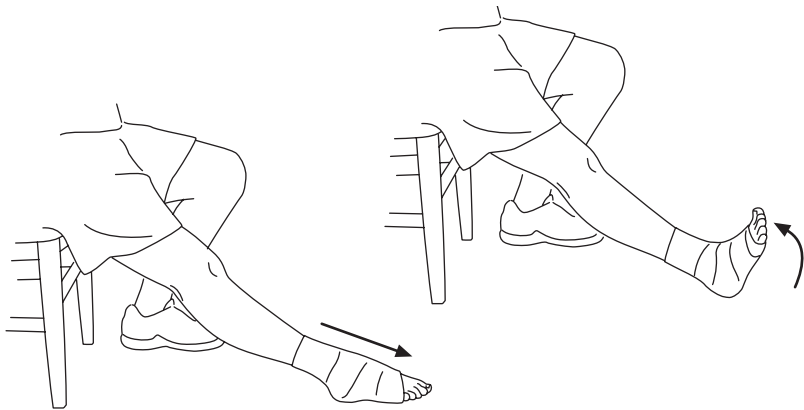
1. **Motion** — begin these exercises immediately.
2. **Strength** — progress to these exercises when your ankle will permit the movement
3. **Balance** — progress through these exercises, letting pain be your guide.

1. Motion Exercises

- Motion exercises should be started immediately.
- Proceed slowly, letting pain be your guide.
- Do each exercise while seated in a chair.
- Each exercise should be done 10 times and repeated 3 times a day.

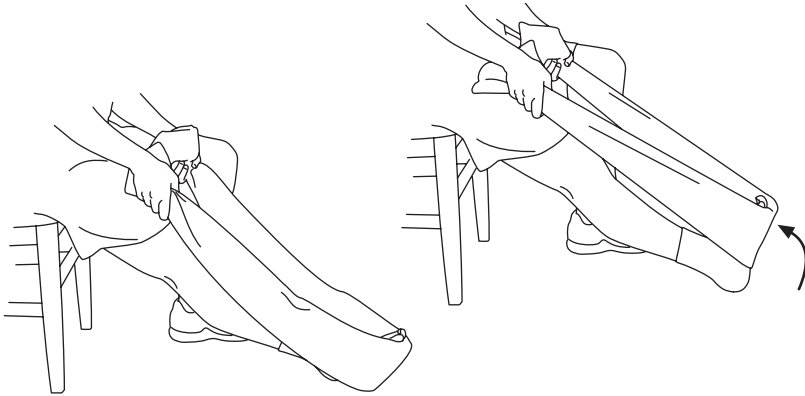
Toe Point

Extend your injured leg and slowly point your toes forward, then slowly point your toes toward the ceiling.



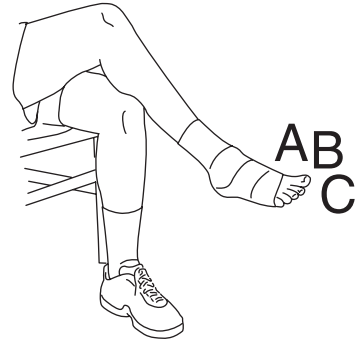
Achilles Stretch

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



Alphabet Exercise

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

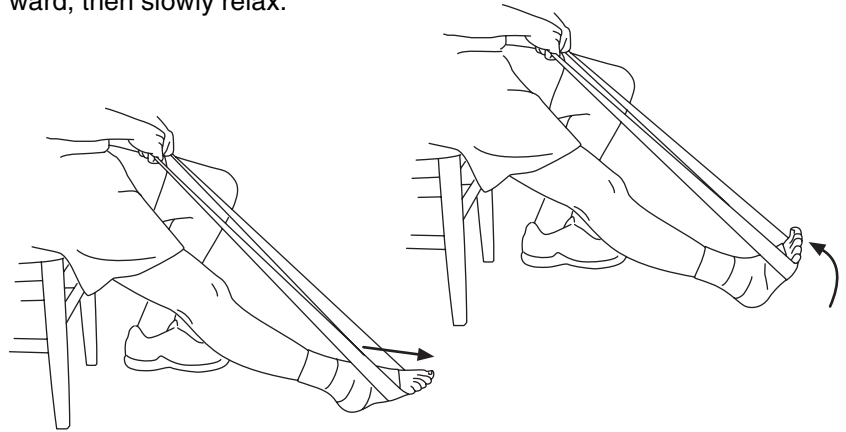


2. Strength Exercises

- Strength exercises should be started when your ankle will permit the movement.
- Proceed slowly, letting pain be your guide.
- Sit in a chair and use the Large Elastic Band (included in kit) when doing these exercises.
- Do each exercise 10 times and repeat 3 times a day.

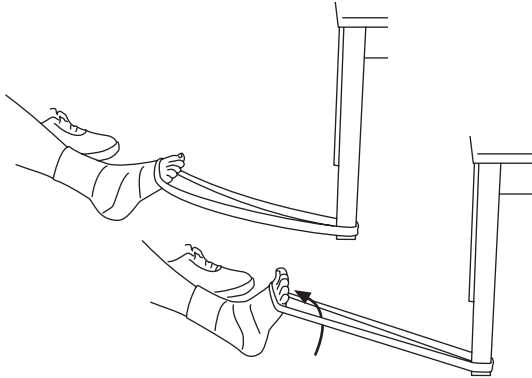
Toe Point

Wrap the Large Elastic Band around the ball of your injured foot and straighten your leg. Hold the band steady and slowly point your toes forward, then slowly relax.



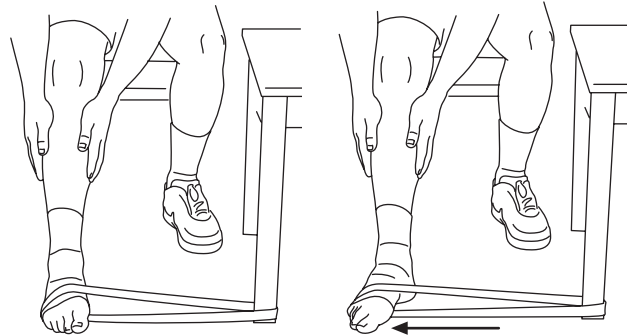
Toe Pull

Wrap the Large Elastic Band around the leg of a sturdy table or chair. Wrap the free end of the band around your toes and straighten your injured leg. Gently pull your toes toward the ceiling, then relax.



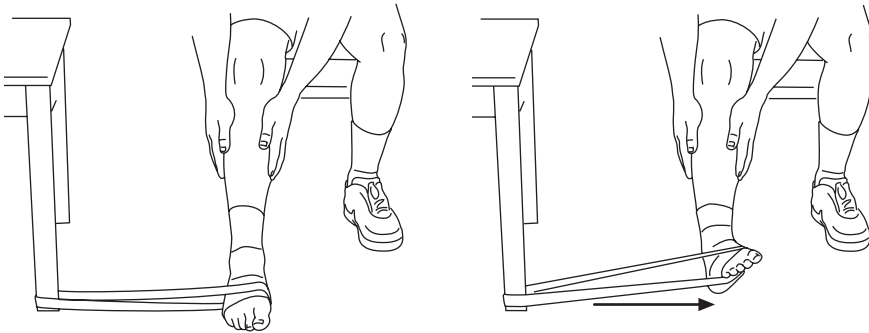
Outward Pull

Move your chair so that the *inside* of your injured foot faces the table or chair. Hold your lower leg steady and gently pull your toes away from the table or chair, then slowly relax.



Inward Pull

Move your chair so that the *outside* of your injured foot faces the table or chair. Hold your lower leg steady and gently pull your toes away from the table or chair, then slowly relax.



3. Balance Exercises

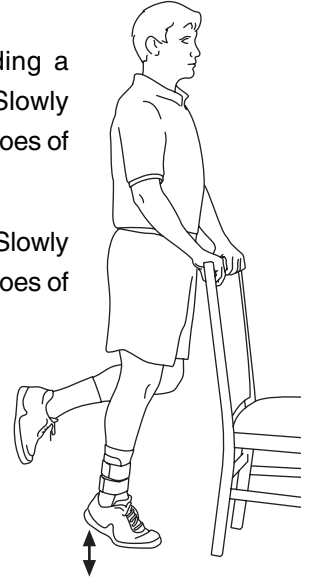
- Progress through the balance exercises slowly, letting pain be your guide.
- For each exercise, you will have to stand. Use a chair or wall for balance.
- Do each exercise 10 times and repeat 3 times a day.



Toe Raise I

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

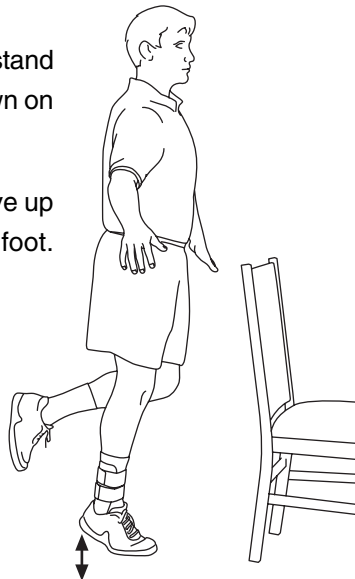
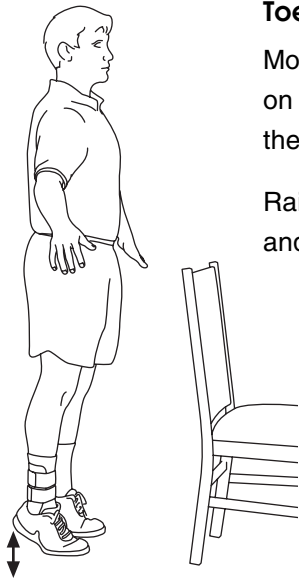
Raise your uninjured foot. Slowly move up and down on the toes of your injured foot.



Toe Raise II

Move away from the chair or wall and stand on both feet. 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.

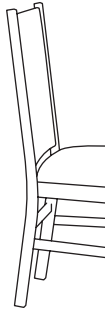




Single Leg Stand

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

Repeat with your eyes closed.



When you can do all of these exercises, it's a good sign that your ankle is better and ready for action!

Ankle Brace cleaning

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

Latex

All Aircast products are latex-free.

Warranty

Satisfaction—Aircast will provide prompt refund for any product that does not satisfy the physician for any reason whatsoever.

Durability—Aircast Ankle Braces are designed to last for as long as required by the original patient. Aircast may, at its discretion, furnish a replacement for any part that becomes unserviceable from normal use during this time, provided the defective part is returned to Aircast for analysis.

Clinical references are available from Aircast upon request.

US PATENTS: 4,280,489 4,287,920 4,628,945 5,125,400 5,492,133 AND OTHER U.S. AND FOREIGN PATENTS PENDING

ATTENTION

- **The content of the video and booklet is for information only.**
- **Always consult with your physician for appropriate diagnosis, treatment, and medication.**
- **The exercises and therapy demonstrated in the video and booklet are to be done with the consent and supervision of your health care professional.**
- **Exercises done with the Large Elastic Band have to be done using an unmovable piece of furniture. Using an object or piece of furniture that is too light or is not fixed to the floor may cause injury.**

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