

CDS® Ankle Brace

Fitting Instructions for Users & Carers



Brace Orthopaedic website



CDS Ankle Brace



CDS Ankle Brace Fitting Instructions
Digital Version



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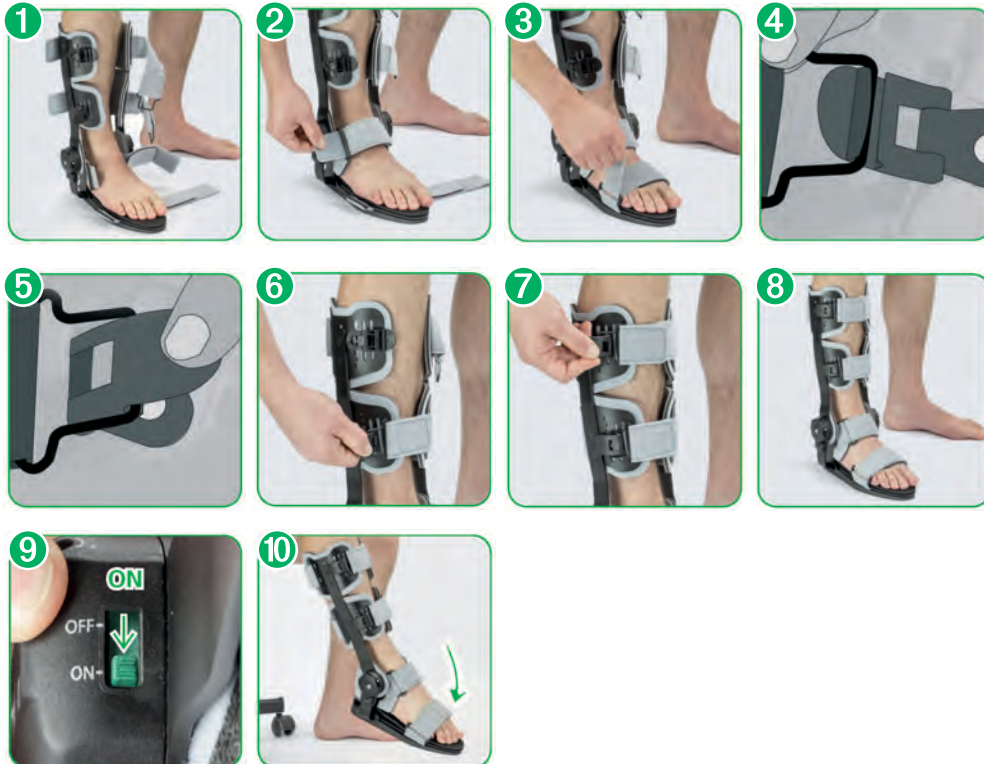


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Putting the Brace on

Putting the brace on, attaching and adjusting the straps is easiest when sitting. Place the foot into the brace from the front **1**. Then fasten the straps order:

- Fasten the instep strap **2**
- Fasten the toe strap **3**
- Then use the clip **4 5** to fasten the lower shin strap **6**
- Use the clip to fasten the upper shin strap **7**



- To activate the spring tension, turn the green switches on both hinges to **ON 9**
- Then, push your foot down into plantarflexion **10**, until you feel a slight resistance you have to overcome, in order to activate the spring tension. You will hear the clicks from the two hinges and the tension will be activated.

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Removing the Brace

Before removing the brace, you have to deactivate the spring tension.

- To do so, turn the green switches on both hinges to **OFF 11**
- Then, push your foot down into a small amount of plantarflexion (**Not Fully**). you will hear a series of clicks from the two hinges and the tension will be deactivated.
- Then unfasten the straps in the following order:
 - Unfasten the toe strap **12**
 - Unfasten the instep strap **13**
 - Open the clip **14 15** of the upper shin strap but **do not undo the strap 16**
 - Open the clip of the lower shin strap but **do not undo the strap 17**
- Finally, remove the foot out of the brace from the front.



DIRECTIONS FOR USE:

Closely follow the instructions provided by your clinician.