



# Application Instructions

**Product: Silicone Elastic Ankle Support**  
**Model: 45X**

- Viscoelastic silicone insert helps provide relief from pain, swelling and inflammation.
- Three dimensional knitted elastic.
- Open heel and toe provides easy slip on.
- Easy slip-on design.
- 7" Sleeve.



Order #	Size	Ankle Circumference
453	Small	7 7/8" – 8 3/8"
455	Medium	8 3/8" – 9 1/4"
457	Large	9 1/4" - 10"
458	X-Large	10" – 10 3/4"

**SIZING:** Measure around the center of the ankle just above the ankle bone.

**HOW TO APPLY:**

Pull the support up over the foot with the heel in the opening in back. The J-shaped viscoelastic insert should fit around the ankle bone. The support should fit snug but not so tight to restrict circulation.

**CARE INSTRUCTIONS:**

Hand wash in cold water with mild soap. Wrap in a towel to remove excess water (do not twist or wring). Air dry away from heat. Do not tumble dry. Do not bleach.

**CAUTION:**

Wear as recommended. Always consult a physician when encountering persistent pain, discomfort, inflammation, or swelling.

**SUGG HCPCS CODE:** A9270