

# Push<sup>®</sup> med Ankle Brace

Replicates functional ankle taping

- Adheres to the skin with internal silicone strips to simulate taping
- Limits inversion / eversion with non-elastic diagonal straps
- Stabilizes heel with integrated heel lock design
- Applies / removes easily with zipper and hook / loop straps
- Provides support with or without shoe (for gymnasts, dancers)
- Offers padded comfort zones around bony areas
- Creates soft, comfortable feel and wicks moisture through Sympress<sup>™</sup> microfibers



## Indications

- Acute lateral ankle ligament injuries (alternative to taping)
- Post-surgical or non-surgical ligament or fracture treatment
- Arthritis with instability
- Prevention of recurrent ligament injuries in chronic instability

## Measuring / Sizing

Measure around the ankle as shown.



Sizing: Right or Left Ankle

SIZE	INCHES	CENTIMETERS
1	10 1/4 - 11 3/8	26 - 29
2	11 3/8 - 12 1/2	29 - 32
3	12 1/2 - 13 3/4	32 - 35
4	13 3/4 - 15	35 - 38
5	15 - 16	38 - 41



“It [the Push med Ankle Brace] is wonderful, fit is very good, size recommendations per chart were accurate. Push products are very high quality. Been using them for 30 years!”

– Lisa (therapist)

## Insurance Information

- The Push med Ankle Brace has been assigned L-code L1902.
- BraceLab is not a provider. We do not file insurance nor can we provide information on insurance coverage or reimbursement rates. Please contact your insurance provider for filing information.



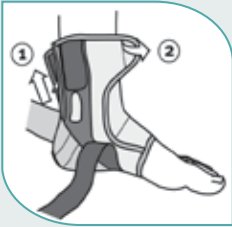
**BraceLab**

Embrace Functional Freedom

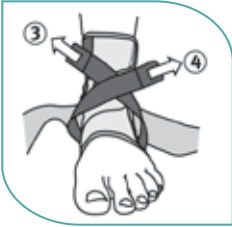
Available in the US from [www.BraceLab.com](http://www.BraceLab.com)  
[support@bracelab.com](mailto:support@bracelab.com) · P: 888-235-8221 · F: 888-762-6422



# Applying the Push *med* Ankle Brace correctly is essential!



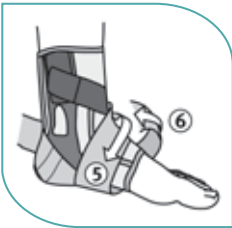
Pull your brace (without a sock) onto your foot and ankle. (Due to the silicone strips and the fitted nature of the brace, you may find this challenging at first.) With your foot on the floor and at a 90 degree angle to your lower leg: (1) close the back zipper and then (2) the closure on the top front of the brace.



Maintaining the same position, close each non-elastic strap (3 & 4) across the front of the ankle beginning with the strap with 1 dot. (At the end of each strap is an image of connected dots which indicates the order of strap closures: i.e., one dot is the first strap, two dots is the second strap, etc.)



**IMPORTANT:** Pull both wide elastic straps near the heel while firmly seating your heel in the heel area of the brace. Seating your heel firmly and fully in the brace is essential to a correct fit.

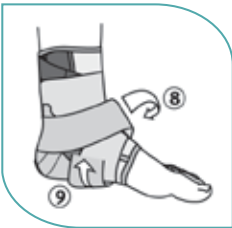


Wrap the straps around the ankle in a figure of 8:

- Start by wrapping the strap with 3 dots diagonally across the top of the foot (5) toward inner side of the foot and continue wrapping.
- Continue diagonally up across the top of the foot (6), and around the inside of the lower leg.



Close the hook and loop (7). See diagram for correct placement of straps.



- Wrap the final strap with 4 dots diagonally across the top of the foot (8) (over the previous strap) towards of the outside of the foot.
- Continue wrapping underneath the foot (9) toward the inside and then diagonally across the top of the foot towards the outside of the lower leg.



- Wrap around the outside of the lower leg (10) and close the hook and loop.
- Apply a sock OVER the brace, and use a lace up shoe to provide maximum stabilization. (Can also be worn without a sock or shoe.)