

Bledsoe SideKick Ankle Brace

Application Instructions CP020196 Rev. A 5/01



Council Directive 93/42/EEC
of 14 June 1993 concerning
Medical devices

Off-the-Shelf Functional Ankle Brace

From the family whose name means braces



Patient Warning: If you have sustained an ankle injury, you should seek professional medical advice before using this product. This device is not intended for reuse on a second patient. This device is generally not intended for patients in excess of 250 lbs. (114 kilos).

Indications: Indicated to increase support in the inversion and eversion control of chronically unstable ankles, and for increased inversion and eversion control for grade 1 and 2 acutely sprained ankles where dorsi-flexion and plantar-flexion is permissible and inflammation is under control also for grade 3 acutely sprained ankles after inflammation is under control and plantar-flexion and dorsi-flexion is pain free.

Contraindications: Contraindicated for immediate application to acute grade 3 ankle sprains where plantar-flexion and dorsi-flexion is not desirable or permissible. Application is appropriate after inflammation has been controlled and plantar-flexion and dorsi-flexion is again possible starting in the early weight bearing phase of rehabilitation.

Warning: Do not leave this device in the trunk of a car on a hot day or in any other place where the temperature may exceed 150° F (65° C) for any extended period of time. If any additional pain or symptoms occur while using this device, discontinue use and seek medical attention.

Warranty: This device is warranted to be free from defects in material and workmanship for a period of 90 days for pads, straps and normal wear components; 2 years on all other parts. These warranties apply to devices that have not been modified or subjected to misuse, abuse or neglect.

Manufactured by:

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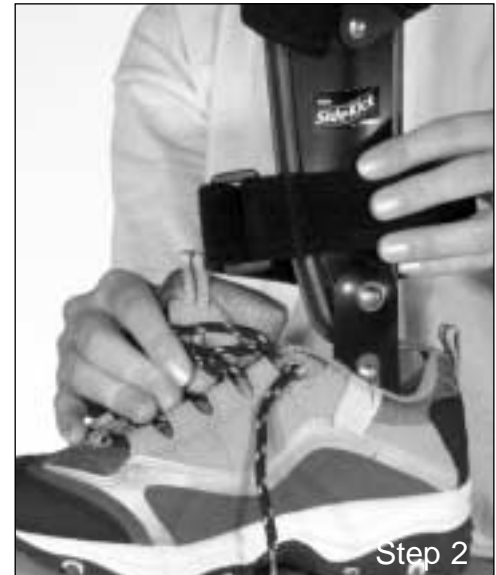
For product information or questions pertaining to sales or service, please contact the national distributor in your area or the manufacturer.

Bledsoe SideKick Ankle Brace Application Instructions



1. Place foot in the shoe. Position a small piece of tape at the top inner (medial) edge of the shoe just below the ankle bone. Mark the center position (see arrow) of the ankle bone with a vertical line on the tape on the shoe. This helps later in positioning the ankle brace. Note: After inserting the brace, this mark will usually be 1/8"-3/16" (3mm-4mm) farther back due to the slightly increased width of the shoe.

2. Test fit the SideKick Ankle Brace into the shoe, to be certain it will fit before removing the inner sole.



3. Carefully remove the inner sole from the inside of the shoe. Remove any remaining inner sole material and debris. Clean the inner lower surface where the inner sole was previously placed, using rubbing alcohol or other appropriate cleaner. Note: The shoe must be clean and dry before applying the loop pile fastening strip to the shoe.

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4. Test fit the loop pile fastening strip inside the shoe before removing the protective backing from the adhesive. Center the strip from side to side in the shoe with an even perimeter space around the edges of the strip at the heel area. Once certain of the position, remove the protective backing from the adhesive, and place the strip into place. Press firmly to engage the adhesive.

5. Position the brace into the shoe with the footplate evenly spaced from side to side. Have an even perimeter space between the footplate and the shoe at the heel area. Align the vertical arm center pivot point with the line marked on tape in Step 1. Press firmly into position to engage the hook into the loop pile fastener.



6. Replace the inner sole in the shoe over the footplate. Note: Replacement inner soles are available at most stores where footwear accessories are sold.

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7. Test fit by slipping the foot into the shoe while the ankle brace curved plate is folded to the rear. Check the position of the pivot point to be certain it is in alignment with the ankle bone. If not, readjust the upper arm until it is vertically aligned with the ankle bone.

8. Using the hex wrench provided, loosen 4 turns on each of the two screws on the vertical arm. This permits the upper arm of the brace to be adjusted for the correct ankle height. It is not necessary to remove the screws for adjustment. Once positioned properly, tighten both hexhead screws.



9. Swing the curved plate into position on the side of the leg. Unfasten the hook end of the lower strap. Wrap it around the leg to the opposite side with one hand, while firmly holding and squeezing the curved plate against the side of the leg. Pass the strap end through the D-ring, pull back, tension the strap comfortably, and fasten the hook to the strap surface. Repeat steps for upper strap.

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10. Check the position of the hinge and test for any pressure points on the ankle bone when turning, pivoting, twisting, walking, or running. If necessary, readjust the position of the hinge to eliminate any pressure point. If pressure points cannot be eliminated, check to be certain the center pivot point of the hinge is even with or higher than the ankle bone. If not, it may be necessary to adjust the height of the upright or check for correct brace size. Do not use this device if excess pressure points are present!

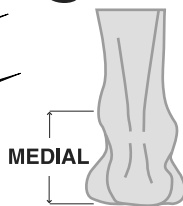
Once the shoe is securely tightened, the Bledsoe SideKick Ankle Brace is ready for use. Always inspect for loose, damaged, or worn parts before each use. If any discrepancy is noted, repair or replace the parts before use.

Inches	Brace Size
4 3/4	LARGE
4 1/2	
4 1/4	
4	
3 3/4	SMALL
3 1/2	
3 1/4	
3	
2 3/4	
2 1/2	

Measuring Instructions for Standard Sizes

With foot placed flat on a hard surface (without a shoe), place the measurement device on the surface against the inside of the foot and measure the peak of the ankle bone (malleoli). Choose the point on the ankle which protrudes the most. Be certain the ankle is in a neutral position. Be as precise as possible. Using the chart, choose the size range shown and specify left or right.

Measuring & Size Chart



Place flat on hard surface



cut on line