

McDavid MD432

McDavid MD432 Ankle Brace Instruction Manual

Model: MD432

PRODUCT OVERVIEW

The McDavid MD432 Ankle Brace is designed to provide support and compression for the ankle. It features Level III protection with neoprene material, offering optimal freedom of movement while providing therapeutic warmth and compression. This brace is suitable for various activities and conditions requiring ankle support.

Key Features:

- **Exclusive 5-Needle Stitching:** Ensures a flatter, better-finished, and stronger construction for enhanced durability.
- **Adjustable Closure:** Provides a customizable and secure fit for varying ankle sizes and support needs.
- **Latex-Free Neoprene:** Delivers therapeutic compression and warmth without common allergens.
- **Durable Nylon Outer Covering:** Offers resistance to wear and tear, extending the product's lifespan.
- **Universal Design:** Can be worn on either the left or right foot for versatile application.

SETUP AND SIZING

Proper sizing and application are crucial for the effectiveness and comfort of your McDavid MD432 Ankle Brace.

Sizing Guide:

To determine the correct size, refer to your shoe size:

Size	Men's Shoe Size (US)	Women's Shoe Size (US)
XS	6 - 7	7 - 8
S	8 - 9	9 - 10
M	9 - 11	10 - 12

Size	Men's Shoe Size (US)	Women's Shoe Size (US)
L	11 - 13	12 - 14
XL	14 - 15	15 - 16

Note: The provided product is size XL. If your shoe size falls outside this range, consider a different size for optimal fit.

Application Instructions:

- 1. **Prepare the Brace:** Ensure the adjustable straps are loosened before application.
- 2. **Position the Brace:** Slide your foot into the brace, ensuring your heel is comfortably seated in the opening at the back. The main body of the brace should cover the ankle joint.
- 3. **Secure the Main Strap:** Wrap the primary adjustable strap around the ankle and secure it firmly but comfortably. Avoid overtightening.
- 4. **Adjust for Comfort:** Make any necessary adjustments to ensure the brace fits snugly without restricting circulation or causing discomfort.





Image: The McDavid MD432 Ankle Brace correctly positioned on an ankle, demonstrating its fit and design.

FIT & SIZING GUIDE:

SIZE	MEN'S SHOE SIZE	WOMEN'S SHOE SIZE
XS	6 - 7	7 - 8
S	8 - 9	9 - 10
M	9 - 11	10 - 12
L	11 - 13	12 - 14
XL	14 - 15	15 - 16



Image: A detailed sizing chart for McDavid ankle braces, showing recommended sizes based on men's and women's shoe sizes.

OPERATING AND USAGE

The McDavid MD432 Ankle Brace is designed for use during various activities and for specific conditions to provide support and alleviate discomfort.

Intended Use:

- **Ankle Support:** Provides stability and compression to the ankle joint during physical activity or recovery.
- **Pain Relief:** Can be used for conditions such as arthritis, tendinitis, and general ankle pain.
- **Injury Prevention:** Offers prophylactic support to help prevent ankle injuries during sports or strenuous activities.

Wearing Guidelines:

- Wear the brace directly against the skin or over a thin sock for added comfort and hygiene.

- Adjust the straps as needed to maintain a comfortable level of compression and support throughout your activity.
- If you experience any numbness, tingling, or increased pain, loosen the brace or discontinue use and consult a medical professional.



GREAT FOR MULTIPLE SPORTS

Image: Collage showing athletes using McDavid protective gear, including ankle braces, during various sports like football, baseball, basketball, and weightlifting.

MAINTENANCE

Proper care will extend the life of your McDavid MD432 Ankle Brace and maintain its effectiveness.

Cleaning Instructions:

- **Hand Wash Only:** Gently hand wash the brace in cold water with a mild detergent.
- **Do Not Bleach:** Avoid using bleach or harsh chemicals, as these can damage the material.
- **Air Dry:** Lay flat or hang to air dry completely. Do not tumble dry, iron, or dry clean.

- **Avoid Direct Heat:** Do not expose the brace to direct sunlight or high heat, as this can degrade the neoprene and nylon materials.

TROUBLESHOOTING

If you encounter issues with your McDavid MD432 Ankle Brace, refer to the following common solutions:

Common Issues and Solutions:

- **Brace feels too tight or causes discomfort:**
 - Ensure you have selected the correct size using the sizing guide.
 - Loosen the adjustable straps slightly. The brace should be snug but not restrictive.
 - Consider wearing a thin sock underneath the brace to reduce direct skin contact and potential irritation.
- **Insufficient support:**
 - Re-adjust the straps to achieve a firmer, yet comfortable, level of compression.
 - Ensure the brace is correctly positioned on your ankle, with the heel properly seated.
- **Skin irritation or redness:**
 - Ensure the brace is clean and dry before each use.
 - Wear a moisture-wicking sock underneath.
 - If irritation persists, discontinue use and consult a healthcare professional.

PRODUCT SPECIFICATIONS

Model Number	432R-B-XL
Dimensions (L x W x H)	17.02 x 12.83 x 3.56 cm
Item Weight	114 Grams
Material	Nylon, Neoprene
Color	Black
Closure Type	Adjustable Hook-and-Loop (Velcro-like)
Special Features	Adjustable
Target Body Part	Ankle
Age Range Description	Adult
UPC	029369432055

WARRANTY INFORMATION

Warranty information for the McDavid MD432 Ankle Brace is not explicitly detailed in the provided product specifications. For comprehensive warranty details, including coverage period and terms, please refer to the official McDavid website or contact their customer support directly.

CUSTOMER SUPPORT

For further assistance, product inquiries, or to report any issues not covered in this manual, please contact McDavid customer support:

- **Official Website:** Visit www.mcdavidusa.com for product information, FAQs, and contact options.
- **Contact Information:** Refer to the 'Contact Us' section on the official website for phone numbers or email support.

ASK A QUESTION ABOUT THIS MANUAL

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