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Futuro B0057D801G

FUTURO Comfort Ankle Support, Medium

Instruction Manual

INTRODUCTION

The FUTURO Comfort Ankle Support in Medium size is designed to provide mild compression and support for stiff, sore, or injured ankles. Crafted from 4-way stretch, breathable materials, it ensures comfort and allows air circulation to keep the skin dry. Its contoured design offers an optimal fit, making it suitable for wear inside most footwear. This support is versatile, fitting both the left and right ankle, and is developed with insights from engineers and medical professionals.

FUTURO
BRAND™



**COMFORT
ANKLE SUPPORT**
Medium

Image: The FUTURO Comfort Ankle Support in Medium size, shown on a foot.

KEY FEATURES

- **4-way stretch materials:** Conforms to your ankle for comfort and mild support.
- **Targeted support:** Helps support stiff, sore, or injured ankles.
- **Breathable design:** Materials allow air to circulate, helping to keep skin dry.
- **Enhanced comfort:** Soft binding around the heel opening.
- **Versatile fit:** Designed to fit comfortably with a variety of footwear.
- **Easy application:** Slip-on style for convenient use.
- **Expert-backed:** Supported by an expert panel of engineers and medical professionals.
- **Ambidextrous:** Can be worn on either the left or right ankle.



Provides **support** and
allows **flexibility**

Image: Ankle support providing flexibility.



Helps support **stiff,**
sore, or **injured** ankles

Image: Illustration of ankle pain, indicating support for sore ankles.



Breathable materials allow air to circulate and help keep skin dry

Image: Breathable materials allow air to circulate, keeping skin dry during activity.



Image: This support is designed for either the right or left ankle.

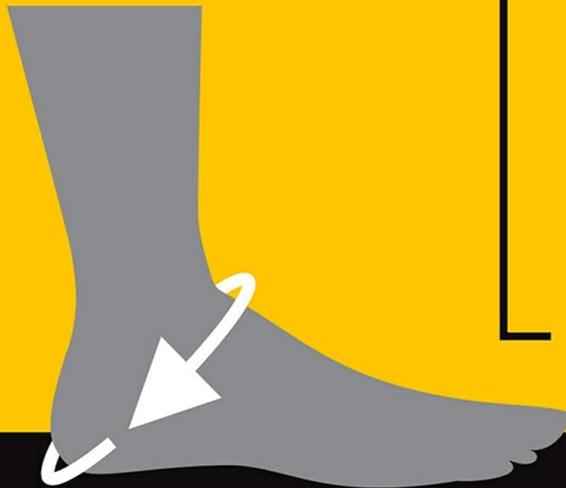
SIZING

To determine the correct size, measure around the heel and instep of your foot. Refer to the sizing chart below to find your appropriate size. This support is designed to fit both the right and left ankle.

SIZING CHART

TO MEASURE:

Measure around
the heel and instep



SMALL

10.0-12.5 in
(25.4-31.8 cm)

MEDIUM

12.5-15.0 in
(31.8-38.0 cm)

LARGE

15.0-17.5 in
(38.0-44.5 cm)

Image: Sizing chart for FUTURO Comfort Ankle Support, showing how to measure around the heel and instep.

Sizing Chart:

Small: 10.0-12.5 in (25.4-31.8 cm)

Medium: 12.5-15.0 in (31.8-38.0 cm)

Large: 15.0-17.5 in (38.0-44.5 cm)

Support Level:

MILD

Light compression & support

MODERATE

Adjustable compression & support

FIRM

Stabilizing support

Image: The FUTURO Comfort Ankle Support provides a Mild level of support.

This product offers **Mild** support, providing light compression and support.

SETUP AND HOW TO WEAR

Follow these steps for proper application of your FUTURO Comfort Ankle Support:

1. Measure your ankle circumference as described in the Sizing section to ensure you have the correct size.
2. Slide the support over your foot.
3. Position the heel opening so that your heel is comfortably centered within it.
4. Adjust the support to ensure it fits snugly and smoothly around your ankle without wrinkles.
5. The contoured design ensures an optimal fit, and the slip-on style allows for easy use.
6. This support is designed to fit comfortably inside most shoes.

Video: Demonstrates how to measure and properly wear the Futuro Comfort Ankle Support.



Image: The ankle support fits comfortably inside a shoe.

OPERATING (GENERAL USE)

The FUTURO Comfort Ankle Support provides mild compression and support, ideal for daily activities or during recovery from minor ankle discomfort. Its breathable fabric ensures comfort throughout the day, allowing you to wear it with various types of footwear. It is suitable for supporting stiff, sore, or injured ankles, offering a comfortable level of compression.

Video: Overview of the FUTURO Comfort Ankle Support features and benefits.

CARE AND MAINTENANCE

Proper care extends the life of your ankle support. Follow these guidelines:

1. Remove any hinges, clips, or metal splints if applicable (not applicable for this model).
2. Close all non-removable straps and fasteners prior to washing.
3. Wash the product in lukewarm, soapy water by hand.

4. Rinse well.
5. Air dry. Do not machine wash, tumble dry, dry clean, or use bleach or fabric softeners.



Image: Visual guide for washing and drying the support.

TROUBLESHOOTING

If you experience increased pain, discomfort, or swelling while wearing the support, discontinue use and consult a medical professional. Ensure the support is not too tight, which could restrict circulation.

SPECIFICATIONS

Attribute	Value
Product Dimensions	1.5 x 3.74 x 5.12 inches
Item Weight	1.6 ounces
Manufacturer	3M
ASIN	B005TRUGEO
Item Model Number	B0057D801G
Is Discontinued By Manufacturer	No
Date First Available	January 26, 2011
Brand	Futuro
Size	Medium
Specific Uses For Product	Ankle Sprain
Use For	Ankle
Age Range (Description)	Adult

WARRANTY AND SUPPORT

For information regarding warranty, returns, or product support, please refer to the product packaging or contact Futuro customer service directly. Keep your purchase receipt for any warranty claims.

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