

DonJoy DJ141AB05-BLK-M

DonJoy Stabilizing PRO Ankle Brace Instruction Manual

Model: DJ141AB05-BLK-M

PRODUCT OVERVIEW

The DonJoy Stabilizing PRO Ankle Support Brace is engineered for athletes requiring robust ankle support. Constructed with durable 800D ballistic nylon and a reinforced eyelet area, it offers exceptional performance and longevity. Its design incorporates a traditional lace-up system complemented by figure-8 strapping, which effectively secures the calcaneus (heel bone) and manages inversion/eversion movements. A full circumferential elastic strap further enhances stability by securing the strapping and providing additional tibia/fibula compression. Removable, articulated medial/lateral stays contribute to improved proprioception (body position awareness) and overall stability. The brace features a lightweight, low-profile design, allowing it to comfortably fit inside most athletic footwear. This universal fit ensures it can be worn on either the left or right foot.



Image: Front view of the DonJoy Stabilizing PRO Ankle Brace.

KEY FEATURES

- **Lightweight, Low-Profile Design:** Allows for easy fit inside athletic shoes.
- **Durable Construction:** Features 800D ballistic nylon and a reinforced eyelet area for lasting performance.
- **Figure-8 Strapping:** Locks the heel bone in place and controls inversion/eversion.
- **Full Circumferential Elastic Strap:** Secures strapping and provides added tibia/fibula compression.
- **Removable Articulated Stays:** Medial/lateral stays enhance proprioception and stability.



Image: Diagram illustrating the key features of the DonJoy Stabilizing PRO Ankle Brace, including the full-circumferential elastic strap, medial and lateral articulated stays (removable), lace-up design and trimmable figure-8 strapping, reinforced eyelet area, and padded mesh tongue.

SIZING INFORMATION

To ensure the correct fit, please refer to the sizing chart below. Measure your ankle circumference as indicated.

Brand Size	Ankle (in)
2XS	9 - 10
XS	10 - 11
S	11 - 12
M	12 - 13
L	13 - 14
XL	14 - 15
2XL	15 - 16
3XL	16 - 17

SETUP AND APPLICATION

Follow these steps to correctly apply your DonJoy Stabilizing PRO Ankle Brace:

1. **Wear a Sock:** Always wear a sock underneath the brace to prevent skin irritation and improve comfort.
2. **Slide Brace On:** Carefully slide the ankle brace onto your foot, ensuring your heel is properly seated in the brace.
3. **Lace Up:** Lace the brace up firmly, similar to lacing a shoe. Ensure even tension across all laces for a snug fit.
4. **Secure Figure-8 Straps:** Take one of the longer figure-8 straps. Bring it across the front of the ankle, underneath the heel, and pull it up the opposite side with firm pressure. Repeat with the second figure-8 strap, crossing it over the first.
5. **Fasten Circumferential Strap:** Secure the full circumferential elastic strap around the top of the brace to lock the figure-8 straps in place and provide additional compression.

Video: Official DonJoy demonstration on how to properly apply the Stabilizing PRO Ankle Brace.

WEARING YOUR ANKLE BRACE

Once applied, the DonJoy Stabilizing PRO Ankle Brace provides consistent support. Its low-profile design is intended to fit comfortably within most athletic shoes without causing bulkiness. Ensure the brace feels snug but not overly tight, allowing for proper circulation. Adjust the laces and straps as needed throughout the day or during activity to maintain optimal comfort and support. The brace is designed to enhance stability and proprioception, aiding in injury prevention and recovery during various activities.

CARE AND MAINTENANCE

To maintain the effectiveness and longevity of your DonJoy Stabilizing PRO Ankle Brace, follow these care instructions:

- **Cleaning:** Hand wash the brace in cold water with mild soap. Do not use bleach or harsh detergents.
- **Drying:** Air dry thoroughly. Do not machine dry or expose to direct heat, as this can damage the materials.
- **Storage:** Store in a cool, dry place away from direct sunlight when not in use.
- **Inspection:** Regularly inspect the brace for any signs of wear and tear, such as frayed straps or damaged stitching. Replace if significant damage is observed to ensure continued support.

TROUBLESHOOTING

- **Discomfort or Rubbing:** Ensure the brace is worn over a sock. Re-adjust the laces and straps to relieve pressure points. If discomfort persists, consult a healthcare professional.
- **Lack of Support:** Tighten the laces and figure-8 straps to achieve a firmer fit. Ensure the circumferential strap is securely fastened.
- **Difficulty Fitting in Shoe:** The brace is designed to be low-profile. Ensure your shoe has adequate space. If issues persist, consider wearing shoes with a wider fit or removing shoe insoles if possible.

PRODUCT SPECIFICATIONS

- **Model Number:** DJ141AB05-BLK-M
- **Product Dimensions:** 11 x 2 x 4.25 inches; 5.6 ounces
- **Material:** 800D Ballistic Nylon
- **Department:** Unisex
- **Manufacturer:** DonJoy
- **Specific Uses:** Ankle Support
- **Age Range:** Adult

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