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> [AIRCAST AirSport Ankle Brace Instruction Manual \(Model AC141AB01-M-L\)](#)

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AIRCAST AirSport Ankle Brace Instruction Manual

Model: AC141AB01-M-L

INTRODUCTION

The AIRCAST AirSport Ankle Brace is designed to provide moderate support and compression for individuals recovering from Grade I or II ankle sprains, or for those seeking to prevent ankle sprains during physical activity. It features air cell technology for cushioning and a semi-rigid encased shell for stability. The brace offers protection against both inversion and eversion injuries, making it suitable for active individuals and athletes.



Figure 1: Front view of the AIRCAST AirSport Ankle Brace.

SAFETY INFORMATION

- Consult a healthcare professional before using this brace, especially if you have pre-existing medical conditions or severe injuries.
- Discontinue use and consult a doctor if you experience increased pain, numbness, tingling, or skin irritation while wearing the brace.
- Do not overtighten the straps, as this may restrict circulation.
- This product is intended for use on a single patient.

SIZING AND FIT

The AIRCAST AirSport Ankle Brace is available in various sizes and is designed for a universal fit, suitable for both men and women. Ensure you select the correct size for optimal support and comfort. Refer to the manufacturer's sizing guide for detailed measurements.



Figure 2: Approximate dimensions of the Aircast AirSport Ankle Brace. Proper sizing is crucial for effective support.

SETUP AND APPLICATION

The AirSport Ankle Brace features a step-in design for easy application. Follow these steps to properly apply the brace:

1. Ensure the brace is oriented correctly for your left or right foot.
2. Slide your foot into the brace, ensuring your heel is properly seated in the automatic heel adjustment area.
3. Secure the main strap around your ankle, ensuring a snug but comfortable fit.
4. Wrap the ATF (anterior talofibular) cross strap and integral forefoot and shin wraps for additional compression and stabilization.
5. Adjust all straps to achieve desired support without restricting circulation.





Figure 3: The Aircast AirSport Ankle Brace correctly applied to a foot, showing the straps and overall fit.

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Video 1: Official demonstration of applying the Aircast AirSport Ankle Brace. This video illustrates the step-in design and how to secure the straps for proper fit and support.

USAGE

The AirSport Ankle Brace is designed for use during various activities to provide support and protection. It is suitable for:

- Active individuals and athletes recovering from Grade I or II ankle sprains.
- Preventing ankle sprains during sports like tennis, basketball, volleyball, and soccer.
- Everyday activities where ankle support is desired.

The brace's design allows for a good range of motion while minimizing the risk of ankle roll-overs, especially when worn with appropriate footwear such as high-top athletic shoes.



Figure 4: An athlete wearing the Aircast AirSport Ankle Brace during a soccer game, demonstrating its use in active sports.



Figure 5: An athlete wearing the Aircast AirSport Ankle Brace during a softball game, highlighting its versatility for various sports.

MAINTENANCE AND CARE

To ensure the longevity and hygiene of your AIRCAST AirSport Ankle Brace, follow these care instructions:

- Hand wash with mild soap in cold water.
- Rinse thoroughly and air dry completely before re-use.
- Do not machine wash, tumble dry, iron, or dry clean.
- Store in a cool, dry place away from direct sunlight.

TROUBLESHOOTING

- **Discomfort or rubbing:** Ensure the brace is correctly sized and positioned. Adjust straps to prevent excessive pressure. Wear with appropriate socks.
- **Lack of support:** Re-tighten straps to achieve a secure fit. Verify that the brace is the correct size for your foot.
- **Difficulty fitting into shoes:** The brace is designed to fit into most athletic shoes. Ensure your shoes have sufficient room. Some high-top shoes may offer better compatibility.

SPECIFICATIONS

Brand	AIRCAST
Model Number	AC141AB01-M-L
Product Dimensions	11.25 x 2 x 4 inches
Item Weight	0.45 Pounds
Closure Type	Hook & Loop
Special Features	Adjustable
Target Use Body Part	Ankle
Specific Uses For Product	Sprain prevention and recovery
Manufacturer	DJO Consumer LLC

WARRANTY AND SUPPORT

For warranty information or product support, please contact the manufacturer, DJO Consumer LLC, directly. Keep your purchase receipt as proof of purchase.