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› [McDavid Elite Engineered Elastic Ankle Brace Support with Figure 6 Strap and Stays User Manual](#)

McDavid MD5146-01-32

McDavid Elite Engineered Elastic Ankle Brace Support with Figure 6 Strap and Stays User Manual

Model: MD5146-01-32

1. INTRODUCTION

The McDavid Elite Engineered Elastic Ankle Brace Support is designed to provide therapeutic compression and stability for the ankle. It features an advanced figure-6 strap configuration, flexible stays, and compression technology to enhance support and protection. The anatomical design ensures a natural contour, preventing bunching during use. This brace is suitable for both left and right ankles.



Figure 1: Front view of the McDavida Elite Engineered Elastic Ankle Brace.

2. SETUP AND SIZING

Before applying the ankle brace, ensure you have selected the correct size for optimal support and comfort. Refer to the sizing chart below.

2.1. How to Measure

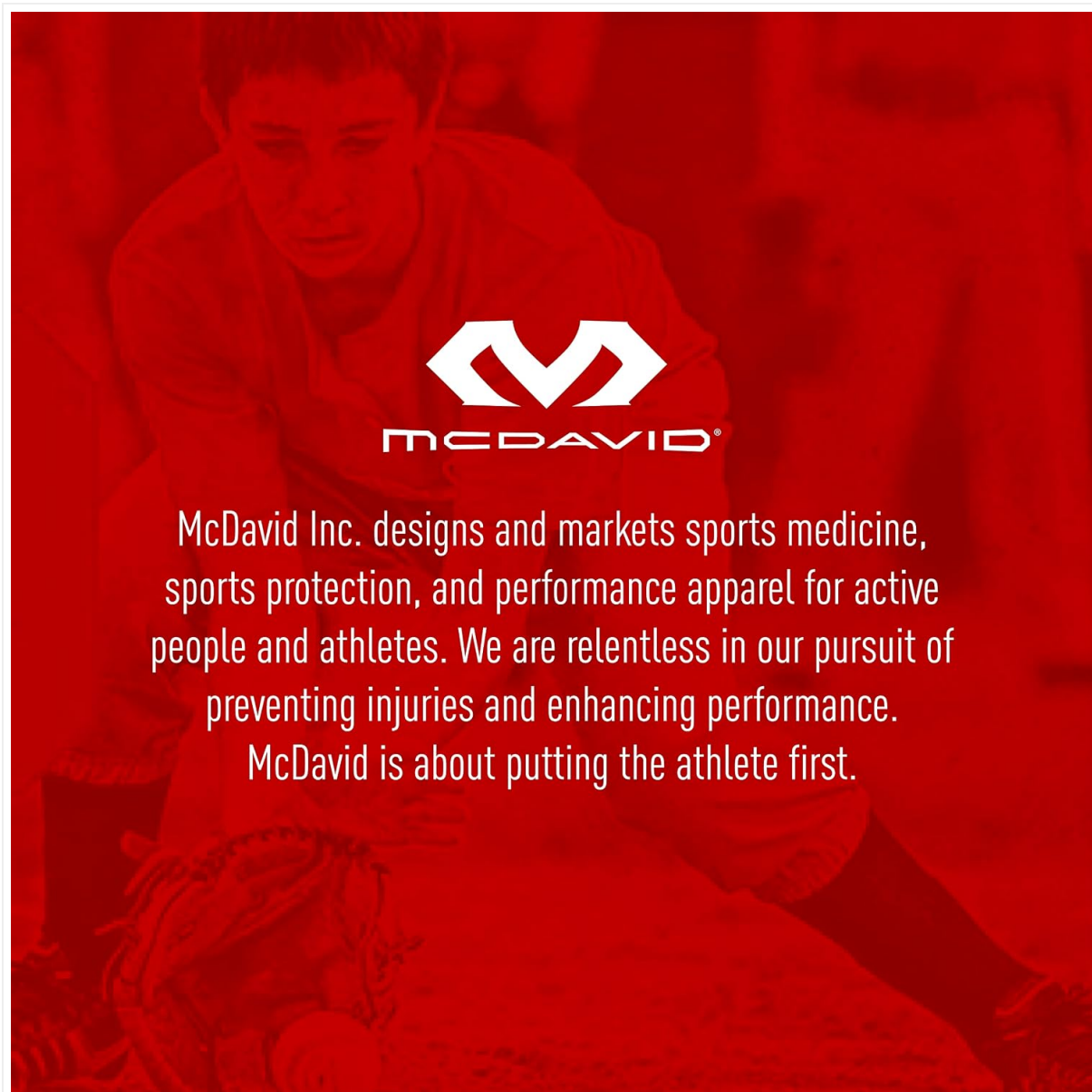


Figure 2: Sizing chart and instructions for measuring ankle circumference.

To determine your size, stand and measure your ankle circumference 1 inch (2.54 cm) above the center of your inner ankle bone tip. If you measure while seated, flex your foot slightly back towards yourself. If your measurement falls between two sizes, it is recommended to size up for a more comfortable fit.

2.2. Applying the Ankle Brace

1. Ensure your foot and ankle are clean and dry.
2. Slide the brace onto your foot like a sock, ensuring the heel opening is correctly positioned.
3. Adjust the brace so that the flexible side stays are aligned with the sides of your ankle.
4. Secure the figure-6 strap configuration. This typically involves wrapping the straps around the ankle and foot in a figure-8 pattern and fastening them with the hook-and-loop closures. Adjust for a snug, supportive fit without restricting circulation.
5. Ensure the brace feels comfortable and allows for a full range of motion without excessive tightness or bunching.

3. OPERATING AND USAGE

The McDavid Elite Ankle Brace is designed for use during various activities to provide support and aid in recovery. Its compression knit promotes therapeutic circulation and helps in recovery.

- **Stability:** The athletic trainer-like figure-6 strap configuration provides enhanced stability to the ankle joint.
- **Comfort:** The high-grade engineered elastic material offers breathable and moisture-wicking comfort, making it suitable for extended wear.
- **Versatility:** This brace is designed to fit both the left and right ankle.



Figure 3: The ankle brace is suitable for use across multiple sports and activities.

4. MAINTENANCE

Proper care and maintenance will extend the life of your McDavid Elite Ankle Brace.

- **Cleaning:** Hand wash only. Use a mild detergent in cold water.
- **Drying:** Air dry thoroughly. Do not machine wash, tumble dry, bleach, or iron.
- **Storage:** Store in a cool, dry place away from direct sunlight when not in use.

5. TROUBLESHOOTING

If you encounter any issues while using your ankle brace, consider the following common solutions:

- **Discomfort or Irritation:**
 - Ensure the brace is not too tight. Re-adjust the straps for a comfortable, supportive fit.
 - Verify that the correct size has been selected using the sizing chart in Section 2.1.
 - If skin irritation occurs, try wearing a thin, moisture-wicking sock underneath the brace.
- **Brace Bunching:**
 - The anatomical design is intended to prevent bunching. If bunching occurs, remove the brace and re-apply, ensuring it is smoothly positioned on the ankle.
 - Check if the brace is properly aligned with your ankle's natural contours.
- **Lack of Support:**
 - Ensure the figure-6 straps are securely fastened and adjusted to provide adequate compression.
 - Confirm that the brace size is appropriate; an undersized brace may not provide sufficient support.

6. SPECIFICATIONS

Feature	Detail
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Feature	Detail
Model Number	MD5146-01-32
Brand	McDavid
Material Type	74% Nylon, 16% Polyester, 7% Rubber, 8% Spandex (Elastane)
Color	Black
Item Weight	0.1 Kilograms (99.66 g)
Product Dimensions	1.4 x 13.8 x 26.75 cm
Closure Type	Hook, Loop
Specific Uses	Ankle support, injury prevention, athletic activities
GTIN (UPC)	029369138735

7. WARRANTY AND SUPPORT

7.1. Warranty Information

McDavid products are manufactured to high-quality standards. For specific warranty details regarding your Elite Engineered Elastic Ankle Brace, please refer to the packaging or visit the official McDavid website. Keep your proof of purchase for any warranty claims.

7.2. Customer Support

If you have any questions, require assistance, or need further information about your McDavid Elite Engineered Elastic Ankle Brace, please contact McDavid customer support. Contact details can typically be found on the product packaging or the official McDavid website.

Official McDavid Website: www.mcdavidusa.com