

[Manuals.plus](#) /

> [AIRCAST](#) /

> Aircast DJO Ankle Support 02TMR Instruction Manual

AIRCAST 02TMR

Aircast DJO Ankle Support Instruction Manual

Model: 02TMR

INTRODUCTION

This manual provides comprehensive instructions for the proper use and care of your Aircast DJO Ankle Support. Please read all instructions carefully before applying the support to ensure correct fit and optimal performance. This product is designed to provide support to the ankle.

PRODUCT OVERVIEW

The Aircast DJO Ankle Support is a brace designed for ankle stabilization. It features a black and grey design with strap closures, suitable for the right ankle, size Medium.



Image: Aircast DJO Ankle Support. This image displays the black and grey ankle support from a front-side angle, highlighting the strap closure system and the overall structure of the brace.

SETUP AND APPLICATION

Follow these steps to correctly apply the Aircast DJO Ankle Support:

1. **Prepare the Ankle:** Ensure your ankle is clean and dry. If wearing a sock, ensure it is smooth and wrinkle-free.
2. **Position the Support:** Open all straps on the ankle support. Place your foot into the support, ensuring the heel is seated firmly in the back of the brace. The brace should align with the natural contours of your ankle.
3. **Secure the Straps:** Begin by securing the bottom strap, typically around the arch of the foot, to a comfortable but snug fit.
4. **Adjust Upper Straps:** Proceed to secure the upper straps around the ankle and lower leg. Adjust each strap individually to achieve firm, even compression without restricting circulation or causing discomfort.
5. **Check Fit:** Stand up and walk a few steps to ensure the support feels secure and comfortable. Readjust straps as necessary. The support should not pinch or rub.

OPERATING AND USAGE GUIDELINES

For optimal performance and comfort, observe the following guidelines:

- **Wearing Duration:** Wear the ankle support as recommended by your healthcare professional.
- **Activity:** This support is suitable for activities such as walking, providing stability and comfort.
- **Comfort Check:** Periodically check the fit of the support throughout the day. Swelling or changes in activity may require strap adjustments.
- **Footwear:** The thin design of this support allows it to fit into most shoes without feeling bulky. Ensure your footwear accommodates the brace comfortably.

MAINTENANCE AND CARE

Proper care will extend the life of your Aircast DJO Ankle Support:

- **Cleaning:** The ankle support is designed for **Hand Wash Only**. Use mild soap and cold water.
- **Drying:** Air dry thoroughly. Do not machine wash, tumble dry, iron, or bleach. Avoid direct heat.
- **Storage:** Store in a clean, dry place away from direct sunlight when not in use.

TROUBLESHOOTING

If you encounter any issues while using your ankle support, consider the following:

- **Discomfort or Pain:** If you experience increased pain, numbness, tingling, or swelling, loosen the straps immediately. If symptoms persist, discontinue use and consult a healthcare professional.
- **Improper Fit:** Ensure all straps are evenly tightened. If the support feels too loose or too tight, readjust the straps. Refer to the "Setup and Application" section.
- **Skin Irritation:** Ensure the skin under the brace is clean and dry. If irritation occurs, try wearing a thin, breathable sock underneath the brace. If irritation continues, consult a healthcare professional.

SPECIFICATIONS

Feature	Detail
Brand	AIRCAST
Model Number	02TMR
Size	Medium
Color	Black, Grey
Target Use Body Part	Ankle
Age Range	Adult
Product Care Instructions	Hand Wash Only
Unit Count	1.00 Count

WARRANTY AND SUPPORT

For warranty information or product support, please contact AIRCAST customer service directly. Keep your purchase receipt as proof of purchase.

For further assistance, visit the official AIRCAST website or contact their support channels.

© 2023 AIRCAST. All rights reserved.

This manual is for informational purposes only. Consult a healthcare professional for medical advice.