

Allard Ankle Foot Stabilizer

Allard Ankle Foot Stabilizer User Manual

Model: Ankle Foot Stabilizer | Brand: Allard

INTRODUCTION

The Allard Ankle Foot Stabilizer is designed to provide warmth and stability to the ankle and foot. It is particularly beneficial for individuals with conditions such as diabetes, arthritis, and Raynaud's disease, where maintaining warmth and support is crucial. This stabilizer helps ensure tendons are more responsive to therapy and exercise, promoting overall foot health and comfort.

Key Features

- Includes medial and lateral stabilizers for comprehensive support.
- Features an adjustable closure strap for customized support of weak ankles.
- Equipped with a non-slip safety sole for enhanced stability and fall prevention.
- Designed to fit comfortably on either the right or left foot.

WHAT'S IN THE BOX

Upon opening the package, you will find the following item:

- One (1) Allard Ankle Foot Stabilizer

FITTING INSTRUCTIONS

Follow these steps to properly fit your Allard Ankle Foot Stabilizer:

1. **Prepare the Stabilizer:** Ensure the adjustable closure strap is loosened before attempting to put on the stabilizer.
2. **Position the Foot:** Slide your foot into the stabilizer, ensuring your heel is comfortably seated at the back and your toes are fully extended within the foot portion. The stabilizer is designed to fit either the right or left foot.
3. **Secure the Strap:** Wrap the adjustable closure strap around your ankle. Pull the strap to achieve a snug, yet comfortable, fit. The strap should provide firm support without restricting circulation or causing discomfort.

4. **Adjust for Comfort:** Walk a few steps to assess the fit. If any pressure points or discomfort are felt, readjust the strap. The goal is stable support and warmth.



Image 1: The Allard Ankle Foot Stabilizer correctly positioned on a foot, providing warmth and support.



Image 2: Close-up view of the adjustable closure strap, demonstrating how it wraps around the ankle for customized support.

USAGE GUIDELINES

The Allard Ankle Foot Stabilizer is intended for daily use as recommended by a healthcare professional. It provides continuous warmth and gentle compression, which can be beneficial for managing symptoms associated with diabetes, arthritis, and Raynaud's disease. The stabilizer's design allows for normal movement while offering essential support and stability to the ankle and foot.

- Wear the stabilizer during activities where ankle support and warmth are desired.
- Ensure the non-slip safety sole is clean and dry before use to maintain traction.
- Monitor your skin regularly for any signs of irritation or excessive pressure.

CARE AND MAINTENANCE

Proper care will extend the life of your Allard Ankle Foot Stabilizer:

- **Cleaning:** Hand wash the stabilizer with mild soap and cool water. Do not use bleach or harsh detergents.
- **Drying:** Air dry completely. Do not machine dry or expose to direct heat, as this may damage the materials.
- **Storage:** Store in a cool, dry place away from direct sunlight when not in use.



Image 3: View of the stabilizer's underside, highlighting the non-slip safety sole for secure footing.

TROUBLESHOOTING

If you encounter any issues while using your Ankle Foot Stabilizer, consider the following:

- **Discomfort or Pain:** If the stabilizer causes discomfort, pain, or numbness, immediately remove it. Re-adjust the strap to ensure it is not too tight. If discomfort persists, consult a healthcare professional.
- **Improper Fit:** Ensure you have selected the correct size. Refer to the sizing chart if available. The stabilizer should fit snugly but not restrict movement or circulation.
- **Loss of Support:** If the stabilizer feels loose or no longer provides adequate support, check the adjustable strap for wear or damage. Ensure it is fastened securely.

PRODUCT SPECIFICATIONS

Brand	Allard
Model	Ankle Foot Stabilizer
Size (as per product)	Large Men's 10 ½ - 12 / Women's 11 ½ - 13
Specific Uses	Ideal for patients with diabetes, arthritis, Raynaud's disease, and other conditions requiring warmth and stability.
Features	Medial and lateral stabilizers, adjustable closure strap, non-slip safety sole, fits right or left foot.

WARRANTY AND SUPPORT

For information regarding product warranty, returns, or technical support, please contact Allard directly. You can visit the official Allard website or refer to the contact information provided with your purchase. For general inquiries, you may also visit the [Allard Store on Amazon](#).

IMPORTANT SAFETY INFORMATION

- Always consult with a healthcare professional before using any medical support device, especially if

you have pre-existing medical conditions.

- Do not overtighten the stabilizer, as this can restrict blood circulation and cause further injury.
- Discontinue use immediately if you experience increased pain, swelling, skin irritation, or any unusual sensations.
- Keep out of reach of children and pets.
- This product is not a substitute for professional medical advice or treatment.