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> [medi Achimed Knit Ankle Support User Manual](#)

medi 03431781

medi Achimed Knit Ankle Support User Manual

Model: 03431781

1. INTRODUCTION

The medi Achimed Knit Ankle Support is designed to provide targeted support and compression to the Achilles tendon. It features integrated silicone pads that stabilize the Achilles and create a massaging effect, which enhances circulation when combined with the compressive knitted fabric. This action helps to reduce swelling and bruising. The medical-grade compression also improves muscular control and ankle stabilization.

This manual provides essential information for the proper use, care, and maintenance of your Achimed Knit Ankle Support to ensure its effectiveness and longevity.

2. PRODUCT FEATURES

- **Integrated Silicone Pads:** Support the Achilles tendon and provide a massaging effect to stimulate circulation.
- **Compressive Knit Fabric:** Reduces swelling and bruising while improving muscular control and ankle stabilization.
- **medi Comfort-Knit Fabric:** Soft, flexible, and breathable for enhanced comfort during wear.
- **Comfort Zone:** A specially knitted area over the instep prevents constriction and pressure points.
- **Slip-on Donning Aid:** Facilitates easy and effortless application of the support.
- **Silicone Heel Wedges:** Two included heel wedges help reduce tension and improve healing.



Image 2.1: Annotated diagram highlighting key features such as the textured silicone Achilles pad, pressure-free finished edge, specially knitted Comfort Zone, and silicone heel wedges.

3. INDICATIONS FOR USE

The Achimed Knit Ankle Support is recommended for various conditions affecting the Achilles tendon and ankle, including:

- Acute and chronic inflammation of the Achilles tendon.
- Post-traumatic and post-operative inflammation.
- Achilles tendonitis.
- Achilles rupture and recovery.
- Achillodynia.
- Achillobursitis.

Consult a healthcare professional to determine if this product is suitable for your specific condition.

4. SIZING INFORMATION

To ensure proper fit and effectiveness, measure your ankle circumference and refer to the sizing chart below. An accurate fit is crucial for optimal compression and support.

Brand Size	Ankle Circumference (inches)
I	6.5 - 8
II	8 - 8.5
III	8.5 - 9.5
IV	9.5 - 10
V	10 - 11
VI	11 - 12

5. SETUP AND APPLICATION

Follow these steps for correct application of the Achimed Knit Ankle Support:

1. Ensure your foot and the support are clean and dry.
2. Use the provided slip-on donning aid to effortlessly glide the support over your foot. Position the aid over your toes and pull the support up your foot.
3. Once the support is past your heel, remove the donning aid.
4. Adjust the support so that the integrated silicone pads are centered around your Achilles tendon at the back of your ankle.
5. Smooth out any wrinkles to ensure even compression and comfort.



Image 5.1: Demonstrating the use of the slip-on donning aid for easy application of the ankle support.

The two silicone heel wedges can be inserted into your shoes to provide additional tension relief for the Achilles tendon. Place one wedge in each shoe, under the heel.



Image 5.2: The included silicone heel wedges, designed to reduce strain on the Achilles tendon.

6. OPERATING AND WEARING INSTRUCTIONS

Once applied, the Achimed Knit Ankle Support is designed for comfortable wear during daily activities. Ensure the support feels snug but not uncomfortably tight. The silicone pads should sit comfortably around the Achilles tendon area.



Image 6.1: The medi Achimed Knit Ankle Support worn on the foot, providing support to the Achilles tendon.



Image 6.2: Side profile of the ankle support, showing the contoured fit around the Achilles area.

Wear the support for the duration recommended by your healthcare professional. If you experience any discomfort, numbness, or changes in skin color, remove the support immediately and consult your doctor.

7. MAINTENANCE AND CARE INSTRUCTIONS

Proper care will extend the life of your Achimed Knit Ankle Support:

- **Washing:** Hand wash the ankle support in warm water with a mild detergent.
- **Drying:** Air dry the support completely. Do not tumble dry.
- **Avoid:** Do not iron, bleach, or dry clean the support. These methods can damage the fabric and silicone components.
- **Storage:** Store in a cool, dry place away from direct sunlight.

8. TROUBLESHOOTING

If you encounter issues while using the Achimed Knit Ankle Support, consider the following:

- **Discomfort or Irritation:** Ensure the support is correctly sized and applied. Check for any wrinkles or bunching of the fabric. If discomfort persists, discontinue use and consult a healthcare professional.
- **Lack of Support:** Verify that the silicone pads are properly positioned around the Achilles tendon. Re-check the sizing chart to confirm you are using the correct size.
- **Support Slipping:** Ensure the support is pulled up fully and smoothed out. A support that is too large may slip.

For persistent issues or concerns, contact medi customer support or your healthcare provider.

9. SPECIFICATIONS

- **Brand:** medi
- **Model Number:** 03431781
- **Product Dimensions:** 1.18 x 5.51 x 7.87 inches
- **Item Weight:** 7.04 ounces
- **Department:** Unisex-Adult
- **Specific Uses:** Ankle Support
- **Use For:** Feet
- **Age Range:** Adult
- **Material:** Knit fabric with integrated silicone pads

10. WARRANTY AND SUPPORT

For information regarding product warranty, returns, or additional support, please refer to the official medi website or contact their customer service department. Keep your purchase receipt as proof of purchase.

Contact Information: Please visit [medi's official website](#) for the most up-to-date contact details and support resources.