

## INSTRUCTIONS



- 1** Slip the foot that needs the extra support, through the sleeve. Lay the strap horizontal on the floor. Place the middle of your foot above the middle of the strap.
- 2** Make sure that the larger piece on the strap has the leather side facing upwards. Grab both ends of the strap.
- 3** Wrap the two straps across your ankle so they form an X-shape, see illustration for reference.
- 4** Attach the ends to each other. Make sure to not attach the hook-and-loop to the sleeve.