

## ZAMST A2-DX ANKLE SUPPORT INSTRUCTIONS FOR USE

Please read through the following instructions completely before using the product.

**Intended use:** Ankle protection. Restriction of ankle inversion and eversion. Anterior ankle stability.

\*This product is not for medical treatment.

\*This product is for ankle support; however, it will not prevent all ankle injuries.

**Do not use this product in the following cases:**

- If you have abnormal conditions such as cuts, fractures, numbness, swelling or rash in the area where product is used.

**Safety precautions:**

- If you experience pain, swelling, skin irritation, discomfort or any other abnormal reaction while using this product, discontinue use and consult with a physician.
- If your skin is sensitive or you have allergies, you may develop a rash or allergic reactions while using the product. If such symptoms occur, discontinue use and consult with a physician.
- Do not use the product while sleeping. If the product shifts to an abnormal position or is used for extended periods while sleeping, it may interfere with blood circulation.
- If the body part is compressed for extended periods, blood circulation may be adversely affected or you may experience discomfort. To avoid such conditions, it is recommended that you remove and re-apply the product at regular intervals.
- If you play sports where the product's plastic components (such as rigid guards) could cause harm to other people, do not use the product.
- If the product is broken or worn or if the hook-and-loop fastener does not work, do not use the product.
- Make sure to use the correct size and apply the support to the correct foot (left or right). (Refer to the size chart on the package and size tag inside the product.)
- Do not pull the straps too tight or create excessive compression with the support.
- If the product shifts out of place or becomes too loose, re-apply the product starting with the first step described in the "How to apply" instructions.
- Do not modify or repair the product. The product may lose its effectiveness and/or cause injuries.
- Wear the product over a sock. Wearing the product in direct contact with skin may cause skin discomfort.

**To prevent product damage:**

- The product may become discolored by perspiration or other liquids. The product's dye may bleed onto clothing worn under or near the product.
- Make sure that the hook-and-loop fasteners do not touch fabric. They may damage fabric.

**How to apply:**

\*Illustrations are for the right ankle.

1. Release and loosen all hook-and-loop fasteners. Lay the rigid guards flat behind the ankle. Hold the ankle in a vertical position. Slide foot into the support from the back **until the inner ankle bone is aligned with the area indicated by the dotted circle**, which is right above the rivet on the rigid guard. (Illustration 1-a) Make sure that the center line of the foot is positioned just under the support's center line (seam). (Illustration 1-b)
2. Pull hook fasteners (A and B) upward at opposite angles. Fasten hook (A). (Illustration 2)
3. Wrap the support tightly around the ankle by pulling B (hook fastener) and C so as not to loosen the support. Fasten B. (Illustration 3)
4. Pull the crossing straps at opposing angles. Fasten their edges above the ankle bone on opposite sides of the ankle. (Illustration 4)
5. Stand the rigid guards upright. Position them so that the raised area on the guard (just above the rivet) comes over the bone of the ankle, which is indicated by the dotted area (D), by adjusting the length of the rear portion of the upper strap. Fasten the hooks located on the inner side of each rigid guard to stabilize the guards. (Illustrations 5-a and 5-b)
6. Use one hand to prevent the rigid guards from moving. Wrap the upper strap around the leg and pass the strap through the plastic loop (E). (Illustration 6-a) Fold the strap back over itself. Fasten hook. (Illustration 6-b)
7. Product properly fastened. (Illustration 7)
  - a. Front view
  - b. Medial view
  - c. Back view
8. Inserting buffers (F). (Illustration 8)  
The A2-DX is sold with two buffer accessories. If you experience discomfort caused by the rigid materials, use the buffers.  
Examples: a. For top part of the rigid guard.  
b. For ankle bone area.  
c. For inside rivet area.

**How to wash:**

- Hand wash with mild detergent and air dry.
- Do not place in dryer. Do not dry clean or iron. Do not use products containing chlorine, including bleach. These may damage the product.
- The product's dye may bleed. Do not wash with whites or bright colors.

**Composition:** Nylon, styrene, polyester, polyurethane, polyethylene (rigid guards) and brass (rivet)

