

Ankle Wrap Instructions



First place foot through loop making sure the label is on the inside.



Wrap the strap over the top of the foot. Tug the leading edge to create tension in the ankle wrap now on.



Take the strap around the back of the ankle. Tug the leading edge to create tension in the ankle wrap now on.



Wrap the strap back over the top of the foot. Tug the leading edge to create tension in the ankle wrap now on.



Take the strap around the back of the ankle for a second time. Tug the leading edge to create tension in the ankle wrap now on.



Continue wrapping strap around ankle and secure the fastenings. The wrap should feel firm but not overly tight.