

# EASY STEP-BY-STEP DIRECTIONS

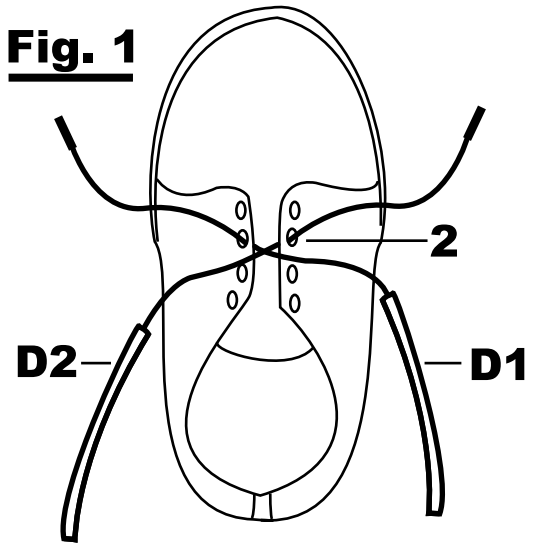
THE DORSI-STRAP™ PROVIDES DORSI-FLEXION SUPPORT ONLY. NOT FOR BOOTS, HIGH-TOPS OR HIGH-HEEL SHOES. THE STANDARD DORSI-STRAP™ IS DESIGNED FOR WALKING, NOT FOR VIGOROUS ACTIVITIES. IF ANY MEDICAL CONDITION OTHER THAN FOOT DROP EXISTS, GET PHYSICIAN'S APPROVAL PRIOR TO USE. SEE THE ENCLOSED SHEET "USING THE DORSI-STRAP™ WITH SHOES THAT DO NOT HAVE LACE HOLES", IF APPLICABLE.

D1 = DORSI-STRAP  
D2 = DORSI-STRAP  
2 = SECOND LACE HOLE  
H = HOOK STRIP  
A = ANKLE BONE

## A. ATTACHING DORSI-STRAP™ STRAPS TO SHOES

1. Remove all items from the package, and **SEPARATE THE STRAPS FROM THE CUFF**.
2. If applicable, follow instructions in the enclosed sheet "USING THE DORSI-STRAP™ WITH SHOES THAT DO NOT HAVE LACE HOLES", then continue at Step B, "PUTTING ON THE CUFF", below.
3. For shoes with lace holes, loosen the lace in the lace holes, but do not remove it, then push the shoe's tongue down and forward into the toe box of the shoe to provide easy access to the lace holes from underneath.
4. **As shown in Fig.1**, insert the plastic-tipped end of one of the DORSI-STRAP™ laces [D1] into the second lace hole from the toe end of the shoe [2], from the underside outwards. The lace's plastic tip should protrude on the outside of the shoe. Pull the lace out about 6"-7" only. Do not pull it out all the way. NOTE: It may take a little effort to get the shoelace tip through the lace hole because of the regular shoelace, but with a little effort, it will go through. **NOTE: Additional support may be achieved by lacing the straps into the FIRST lace hole from the toe end of the shoe.**
5. Repeat with the second strap [D2] into the opposing lace hole on the other side of the shoe.
6. Tie the two protruding ends of the DORSI-STRAP™ laces (now on the outside of the shoe) securely together using a regular shoelace knot, then pull the tongue out of the toe box.

**Fig. 1**



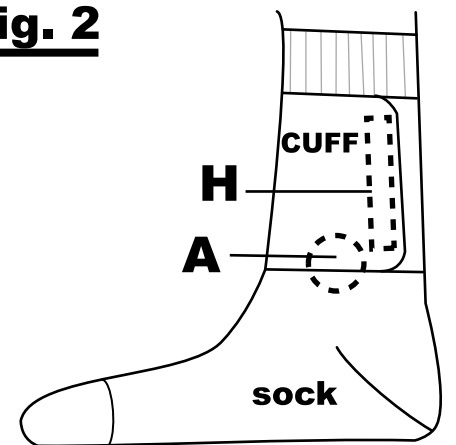
THE DORSI-STRAP™ IS NOW READY FOR USE. THE DORSI-STRAP™ MAY BE LEFT IN THE SHOE FOR REPEATED USE, OR IT MAY BE TRANSFERRED TO A DIFFERENT SHOE, AS DESCRIBED ABOVE.

FIRST TIME USERS SHOULD PRACTICE PUTTING THE DORSI-STRAP™ CUFF AND STRAPS ON, ADJUSTING THE STRAPS, AND TESTING THE SUPPORT PROVIDED, AS DESCRIBED BELOW.

## B. PUTTING ON THE CUFF (See Fig. 2.)

1. Put on a sock that reaches at least 6 inches above the top of the ankle bones. This will avoid possible skin irritation from the cuff's foam making contact with the skin. Pull the sock up to remove any wrinkles about the ankle.
2. Before putting the shoe on, stretch and wrap the cuff, with the foam side against the sock, snugly, but not tightly, around the ankle. Locate the cuff so that it covers the top half of both ankle bones [A] with its lower edge. Lock the cuff in place by pressing the hook material strip [H] at one end of inner side of the cuff against the cuff's outside fabric material. When applied properly, the cuff's hook strip should be located at either side of the ankle, NOT at the front or rear of the ankle.
3. When you have put the cuff on, put the shoe with the attached DORSI-STRAP™ on, and lace it up as you would normally, keeping the DORSI-STRAP™ straps out of the way. (With mid-cut shoes, if the bottom edge of the cuff is too bulky to fit into the top of the shoe comfortably, leave the shoe on, but remove and re-position the cuff so that its bottom edge lies against the top edge of the shoe.)
4. Put both hands around the cuff and push the cuff downwards so it seats properly about the ankle. This will avoid shifting of the cuff when the straps are applied.

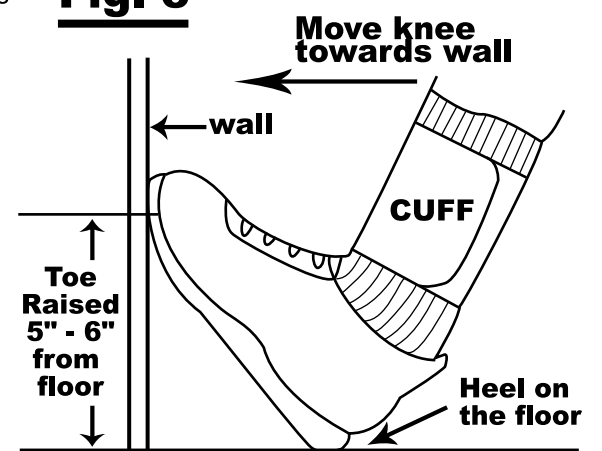
**Fig. 2**



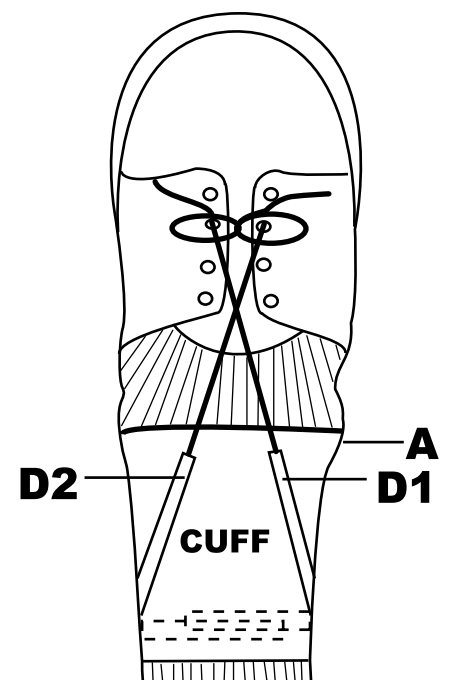
## C. APPLYING THE STRAPS AROUND THE CUFF

1. **DO THIS TO ELEVATE YOUR FOOT SO YOU CAN APPLY THE STRAPS EFFECTIVELY:**  
Sit facing a vertical object, (a wall, or a door frame), and get close enough so you can place your foot against it. **As shown in Fig. 3**, place your foot against the wall with the toe raised 5" to 6" up the wall, keeping your heel on the floor. Then move your knee towards the wall to increase toe lift. Take care not to strain your leg, ankle or back. People with larger shoe sizes (size 10 or larger) may have to raise the toe slightly higher up the wall. **KEEP YOUR FOOT IN THIS POSITION WHILE APPLYING BOTH STRAPS AROUND THE CUFF.**
2. **As shown in Fig. 4**, stretch then pull the DORSI-STRAP™ strap that is attached to the left side of the shoe [D1] clockwise across the front of the ankle, spiraling sharply upwards towards the top portion of the cuff. The strap's rough side should face the cuff. Continue wrapping the strap smoothly around the right side of the ankle, pressing the strap against the cuff for a secure connection. **DO NOT WRAP THE STRAP LOW ON THE CUFF, OVER THE ACHILLES TENDON.** Continue winding the strap clockwise until the strap is fully wrapped around the top part of the cuff.
3. **As shown in Fig. 4**, stretch then pull the DORSI-STRAP™ strap that is attached to the right side of the shoe [D2] counter-clockwise across the front of the ankle, in the direction OPPOSITE to the first strap, spiraling sharply upwards towards the top portion of the cuff. The strap's rough side should face the cuff. Continue wrapping the strap smoothly around the left side of the ankle, pressing the strap against the cuff for a secure connection. **DO NOT WRAP THE STRAP LOW ON THE CUFF, OVER THE ACHILLES TENDON.** Continue winding the strap counter-clockwise until the strap is fully wrapped around the top part of the cuff, overlapping the first strap. **NOTE: THE STRAPS MAY BE APPLIED IN EITHER ORDER.**
4. When both straps have been applied as described, stay seated and place your foot flat on the floor. **TEST FOR ADEQUATE SUPPORT:** lift your foot a few inches off the floor, then push your toe downwards, then relax, to determine whether the DORSI-STRAP™ is providing sufficient toe lift to keep the foot at a comfortable angle. Take a few steps to test this setting out. If additional toe lift is required, unwind the straps, and repeat Steps 1, 2, 3 & 4, starting with your toe raised to a more elevated initial position on the wall, then check for support again. If too much toe lift has been set, repeat Steps 1, 2, 3 & 4, but starting with your toe raised to a slightly less elevated initial position on the wall, then check for support again. **TEST THE SUPPORT LEVEL PROVIDED EACH TIME YOU PUT THE DORSI-STRAP™ ON, AND AFTER ADJUSTING ONE OR BOTH STRAPS.**

**Fig. 3**



**Fig. 4**



TO GET THE MOST FROM YOUR DORSI-STRAP™, READ "SAFETY AND COMFORT", ON THE OTHER SIDE.