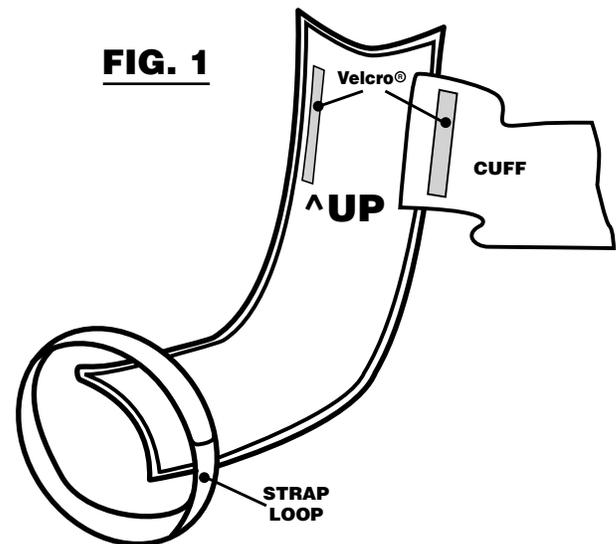


APPLYING THE DORSI-LITE™ USING ONE ARM

PLEASE FOLLOW THESE SIMPLE DIRECTIONS STEP-BY-STEP.

1. Sit in a seat that will allow you to reach your foot comfortably. With the Dorsi-Lite's™ **UP ^ label** pointing upwards, the wide Cuff is at the top, and the narrower Strap is at the bottom. Both Cuff and Strap should be open, to start.

2. At the lower end of the Dorsi-Lite™, connect the loose end of the Strap to its Velcro® strip to form a loop. Leave enough slack in the loop so you can slip your foot into it easily. Ensure that the Strap is not twisted. See Fig. 1.



3. Lift your forefoot off the ground slightly, and slip the Strap loop over your toes, and continue to move the Dorsi-Lite™ back along your foot until the inside of the upper part of the plastic spine is pressed against the front of your ankle. The bottom end of the plastic spine should now be resting on the top of your foot. Seat the Dorsi-Lite™ so that it fits comfortably over the ankle and the foot.
4. Put your foot down, with the Strap under your foot, then apply the Dorsi-Lite's™ Cuff, snugly and comfortably, around your ankle, as instructed in the regular User Instructions.
5. Now re-adjust the fit of your sock and the lower Strap to get a comfortable, snug fit. as instructed in the regular User Instructions.
6. **CHECK THE SUPPORT LEVEL:** When both the Cuff and the Strap have been applied, lift your foot off the ground and push your toe downwards slightly, then release it, to determine whether the Dorsi-Lite™ is providing sufficient support, with comfort, at this setting of the Strap and the Cuff.
7. If a change in foot support is desired, sit down, and re-adjust the tension of the Cuff and/or the Strap, and test the setting again. Repeat Steps 6 and 7 until you are satisfied with the fit.

Hint 1: Once the lower Strap has been applied comfortably around the foot, additional adjustments to the Dorsi-Lite™, if needed, are best made to the Cuff.

Hint 2: When removing the Dorsi-Lite after use, open the Cuff, but do not open the lower Strap's closure. Just slip out of it. This will make it much easier to apply the next time around.

Remember to test the support level provided each time you put the Dorsi-Lite™ on.