

**ULTIMATE ANKLE STABILIZATION  
100% NATURAL FOOT MOVEMENT  
FULL-TIME COMFORT!**

X-Strap® Systems

# **SPRAIN-GUARD™ for ANKLES**

**www.x-strap.com**

**914-968-3381**

## **UNBEATABLE SUPPORT**

Full-time, outstanding ankle rollover control  
For low, mid and high top shoes, and lace-up boots  
Controls excessive ankle inversion or eversion\*  
Works seamlessly with the Dorsi-Strap™ for Foot Drop\*\*  
Fully compatible with orthotics, cleats, and shinguards  
Fits all foot sizes

## **NATURAL MOBILITY AND COMFORT**

Unrestricted ankle joint mobility  
Normal muscle development, and movement  
Fully adjustable support levels  
Nothing is placed on the foot or into the shoe  
No rigid components. No irritation. No callusing  
Breathable fabric stays cool and dry  
Super lightweight. Weighs only 3 OZ.

## **CONVENIENCE and ECONOMY**

On, off, and adjusted in seconds. No lacing, no taping  
Durable and washable. No disposable components  
Available colors: white, black or beige  
\$79 each. Custom protection at an off-the-shelf price  
Professionally transferable to other shoes  
Warranty: 60-days money-back, 6-months free parts



**INTERNATIONAL PATENTS:** USA 4,621,648 UK 2,162,755 CAN 1,305,901 JAP 1,600,968

\*Please see the x-strap.com website to see a description of inversion and eversion.

**\*\* For individuals that need lateral or medial ankle stabilization and foot drop support, the Sprain-Guard™ is designed to work together with our Dorsi-Strap™ for Foot Drop.**

The Sprain-Guard™ works together with your shoe to provide the most effective ankle support available. In order to do this, the Sprain-Guard™ must be professionally attached to your shoe. It's the only way to ensure your safety and comfort.

Send us your shoe. We'll make the attachment, and have the shoe back to you in about a week. We accept checks and money orders ONLY. No Internet, telephone, credit card or fax orders. We ship the Sprain-Guard™ to U.S.A. addresses only.

Please see a fully-illustrated, detailed description of the Sprain-Guard™ in the x-strap.com website. Feel free to call us at (914) 968-3381 if you have any questions.

**Fax: 914-931-1256**

**E-mail: [custserv@x-strap.com](mailto:custserv@x-strap.com)**

# PUTTING THE SPRAIN-GUARD™ ON

FOR LOW, MID AND HIGH-TOP SHOES, AND CLEATS. IN WHITE, BLACK OR BEIGE.  
FITS EVERYONE.

## STEP 1: WRAP THE CUFF AROUND YOUR LEG

**SPRAIN-GUARD™** Straps A and B, attached to the side of the shoe, and black inner side of Cuff C showing. With shoe laced up, cuff is being applied around the leg, using hook & loop closures (such as Velcro®).



## STEP 2: WRAP THE FIRST STRAP AROUND THE CUFF

Cuff C, white outer-side now showing, has been secured around the ankle, then Strap A is wrapped around the cuff.

Connections are hook & loop (such as Velcro®).



## STEP 3: WRAP THE SECOND STRAP AROUND THE CUFF

Strap B is being applied around the cuff, in opposite direction to, and overlapping Strap A.

Connections are hook & loop (such as Velcro®).



## YOU'RE ALL SET!

With both straps secured around the cuff, application of the **SPRAIN-GUARD™** is complete.

