

Bledsoe Air M•Brace and Air•Gel M•Brace

Application Instructions CP020195 Rev. B 3/01



Council Directive 93/42/EEC
of 14 June 1993 concerning
Medical devices

THERAPEUTIC ANKLE SUPPORT SYSTEMS

From the family whose name means braces



This device is offered for sale by or on the order of a physician or other qualified medical professional. This device is not intended for reuse on a second patient or for extended use beyond 180 days. This device is generally not intended for patients in excess of 250 lbs. (114 kilos). This device is not intended to prevent injuries or reduce or eliminate the risk of reinjury.

Indications: Indicated for immediate application to ankles for mild sprains.

Contraindications: Contraindicated for unstable grade two or three sprains where plantar or dorsi flexion can not be achieved.

WARNING: Do not leave this device in the trunk of a car on a hot day or in any other place where the temperature may exceed 150° F (65° C) for any extended period of time. **If any additional pain or symptoms occur while using this device, seek medical attention.**

Warranty: This device is warranted to be free from defects in material and workmanship for a period of 90 days. These warranties apply to devices that have not been modified or subjected to misuse, abuse or neglect.

Manufactured by:

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For product information or questions pertaining to sales or service, please contact the national distributor in your area or the manufacturer via phone or web page.

Bledsoe MBrace (Air/Gel) Application Instructions



Note: When using the Air M•Brace, inflate prior to application by placing the inflation tube in the valve at the top of the air bladder. Blow gently.



1. Adjustment Heel Pad: Center foam heel pad evenly under heel.



2. Wrap the lower hook closure strap first for alignment.



3. Wrap around the upper strap to the hook. Adjust for patient comfort. Be certain the side shells are centered along the ankle and leg.



4. Apply pressure to the sides of the Therapeutic Gel Bag to allow even flow of pressure within the plastic shell. Tighten lower and upper straps until you feel comfortable and secure.



5. When step 4 is completed, adjust the vertical side straps by placing both hands and pull upward until desired fit is obtained.



6. Removal of Brace: Remove upper and lower closure (straps) slide heel portion to rear of ankle and release side shells.

Air•Gel Cold Therapy

- Remove therapeutic gel bag from ankle support system.
- Place in freezer for 2 hours.
- Place gel bag back in ankle support and follow fitting instructions.
- Absorbent sock should be worn before ankle support is fitted.
- DO NOT place entire ankle support into freezer.

Precautions

- Patients should always consult their physician or therapist for proper therapy instructions prior to using the therapeutic ankle support system.
- Always wear and absorbent sock before cold therapy is applied.
- The entire ankle support system can be hand washed with mild soap and water. Do not apply artificial heat to dry.
- Only freeze the therapeutic bag. **DO NOT** place entire system in freezer.