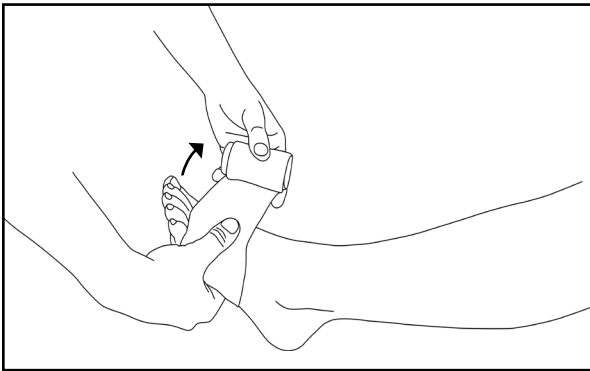


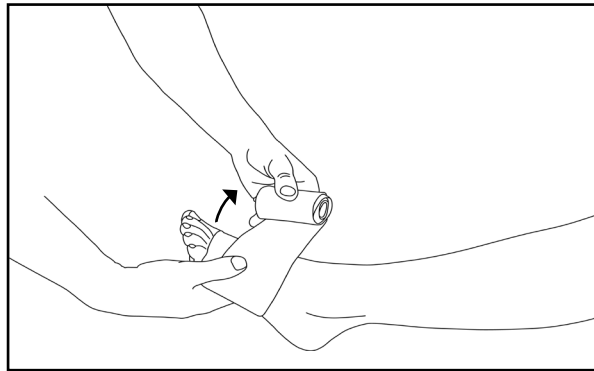
How To Apply Elastic Wraps

What To Remember

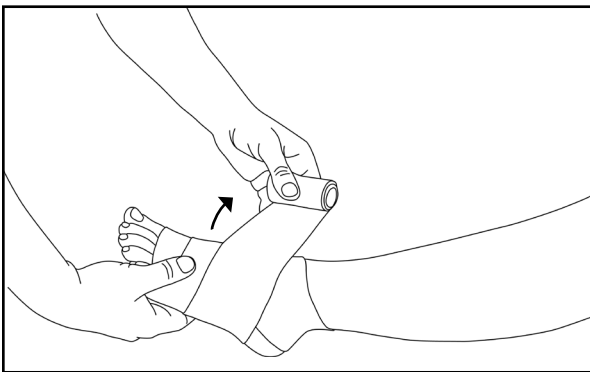
- Put your wraps on your foot every morning after you get out of bed. Follow the steps below.
- Wear the wraps all day.
- You may remove them before you go to bed.



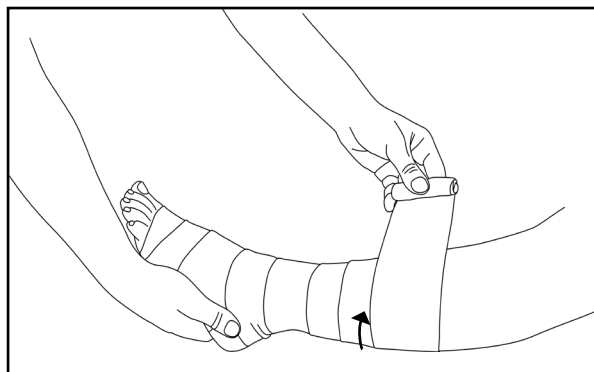
Step 1: Put the end of the wrap on the top or sides of your foot and bring the wrap over your foot, just under your toes.



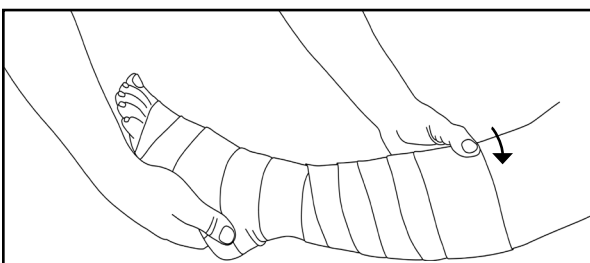
Step 2: Go around your foot twice. Make sure the end of the wrap is secure.



Step 3: Wrap your foot, heel and ankle in a “figure 8” motion.



Step 4: Wrap up your leg in a “spiral” motion. Leave one inch between each layer. Secure it with tape.

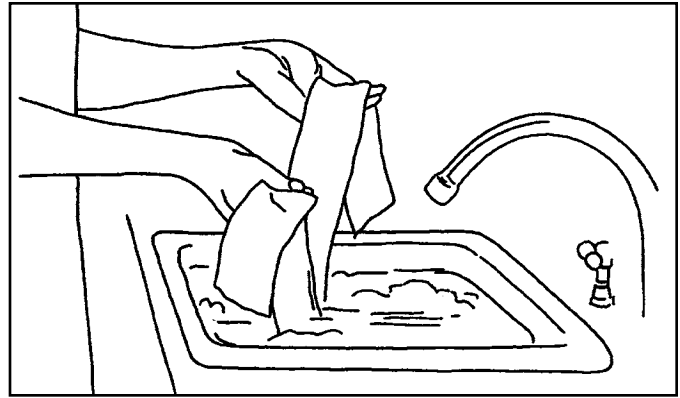


Step 5: Start the second wrap just above your ankle. Wrap your leg in a “spiral” motion in the opposite direction of the first wrap. Leave two inches between each layer. Secure it with tape.

(over)

Caring for the Wraps

- Gently wash your wraps every day in warm water.
- Use a mild soap (such as Dove® or Ivory®).
- Do not wring or squeeze the wraps. Lay them on a clean towel to air dry.
- Do not put the wraps in a washer or dryer.

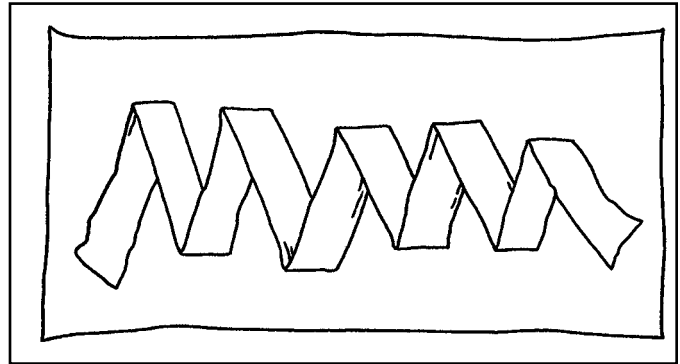


Gently hand wash the wraps every day. Use warm water and a mild soap.

Buying a Second Set of Wraps

If you can, buy a second set of wraps so you always have a clean set.

If you are not able, wash your pair before bedtime so the wraps will be dry by the morning.



Lay the wraps on a clean towel to air dry.

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