

What is the difference between a rigid brace and a lace-up brace?

The difference is really in level of protection. Rigid braces offer the highest level of preventative and post injury support while maintaining the full range of motion to perform at the most competitive level. Lace-up braces are the most affordable preventative support without sacrificing comfort or freedom of movement for athletes at all levels.

RIGID FIT



- Highest level of preventative support
- Anatomically correct bilateral hinge allows foot full range of motion up and down
- Assists in faster rehabilitation after injury
- Superior level of protection without sacrificing comfort
- Several choices depending on your support needs

LACE UP



- Higher level of support and security than tape
- Flexible construction allows for a comfortable fit
- Several choices depending on your support needs



For further research and information on the effects and benefits of ankle bracing scan with your mobile device or visit ActiveAnkle.com



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THE LEADER IN ANKLE PROTECTION



Why should I wear ankle braces?

Sports surveys indicate athletes are more likely to injure the ankle than any other body part. Active Ankle braces are specifically designed to help minimize and protect against ankle injuries without affecting performance. Active Ankle has been a proven product in ankle protection for nearly 25 years!

Can I sprain my ankle wearing an ankle brace?

A 2011 study from the University of Wisconsin indicates that athletes wearing braces are less likely to suffer an injury than those without braces, however, it is still possible for injury to occur.* The overall goal of any ankle brace is to lessen the severity of the injury, not prevent it entirely.

Will ankle braces cause my ankles to weaken?

There is no evidence that suggests that ankle bracing weakens the ankle. Our ankle braces are not engineered to be so restrictive that the ankle cannot function on its own. The brace is only there for a support. It allows your normal range of motion. In fact, having tape or ankle braces on a body part usually increases your body's awareness of where it is in space, and therefore makes your body more able to respond to outside forces. We also must stress the importance of strength and conditioning as part of your regimen if you are concerned about your ankles becoming weak.

Will an ankle brace cause a knee injury if the force is strong enough?

There is no evidence to prove that is the case. The American Medical Society for Sports Medicine report states, "Our research showed that knee biomechanics known to be risk factors for ACL injury did not appear to be negatively impacted by wearing an ankle brace."*

"I feel that ankle bracing is very helpful in any sport activity, most specifically in jumping sports and I have no concerns regarding an increase of injuries in other joints. Likewise, I have no concerns that braces cause ankle weakness."

James Kinderknecht, MD, Hospital for Special Surgery, NY.

What can I do to help prevent a sprained ankle?

Here at Active Ankle we highly recommend that in coordination with wearing our braces to keep your ankles healthy and injury-free, you also include a regimen of strength and conditioning exercises into your workout routine. All of these exercises are designed for you to be able to do easily at home.*

Stretching Exercises

3 Repetitions of 30 Seconds Each

- Lean against the wall and bend forward with one knee straight. This will stretch your calf muscle (gastrocnemius).
- Lean against the wall and bend with both knees. This will stretch your other calf muscle (soleus).

Strengthening Exercises

3 Sets of 10 Either Daily or Every Other Day

An exercise band will be used to create resistance in each of the following exercises:

- **Dorsiflexion** - Pull your foot toward you while pulling the exercise band away from your body.
- **Plantar Flexion** - Push your foot away from you while pulling the exercise band toward your body.
- **Eversion** - With legs outstretched, loop the resistance band around the stationary foot and pull towards the outside.
- **Inversion** - Cross your legs with your stationary foot on top. Place the resistance band behind your stationary foot and pull it towards the inside.

Balance Training

- Stand on a flat surface. Hold one leg up while bending the other leg.
- To progress, stand on a pillow and perform the same exercise.
- Then perform the exercise while doing a short squat.

Agility (Dot Drill)

Place five spots of tape on the floor forming an "X". Hop from the center piece of tape out and then hop back to the center. Hop from each outer piece to the center all while facing the same direction.

What do I do if I sprain my ankle?

You must consult your physician before following these injury-care guidelines. Your injury may be too severe to undertake the specific exercises outlined in this protocol. If your ankle injury has not been evaluated by a medical professional, do not go beyond phase 1.

Phase 1: the P.R.I.C.E of Injury Care

1. Protection

To prevent further injury, you must limit your activities. Let pain be your guide. Do not attempt any activity that causes more than mild discomfort. Use your Active Ankle® brace while you are active. Only take your Active Ankle® brace off while you are icing and in a non-weight-bearing position, or at rest. If you are using crutches, continue to use them until you can walk without pain or a limp. Gradually increase the amount of weight you place on your ankle (only if there is no pain) and progress to one crutch, placed on the opposite side of your injury before discontinuing entirely.

2. Rest

You may need to decrease your activity somewhat. This is in order to give your injury time to heal. Returning to play too early may lengthen your recovery time.

3. Ice

Apply ice to injured area in any of the following ways:

- Immerse in ice water (no longer than 20-25 minutes).
- Massage with ice cups (made with a paper cup, 7-10 minutes).
- Apply ice bag (ice in plastic bag, no longer than 20-25 minutes). There should be at least 30 minutes between each icing session. You can ice your ankle 4 to 8 times a day. You may decrease your icing sessions as your pain and swelling lessen.

4. Compression

To help reduce swelling, use an elastic wrap around ankle. If discomfort is noticed from wearing the wrap, loosen or discontinue.

5. Elevation

You should elevate your ankle above the level of your heart as often as possible, especially when using ice.

*For complete study, visit www.activeankle.com/resources/research

*To view videos of exercises, visit www.activeankle.com/resources/videos-instructional