



# Exos<sup>®</sup> Free Motion Ankle Brace

## 7 Steps Fitting Guideline

Step 1	 <p><b>First</b> 7 minutes</p>	<p><b>Heat Brace:</b> Using Exos Oven with <b>temperature set to High</b>, heat brace for <b>7 minutes</b> until product is completely pliable.</p>
		<p><b>Prep for application:</b> Apply Exos sock to patient. Apply Relief Pads on bony prominences. Prior to removing brace from oven, make sure patient is prone with knee bent at 90 degrees.</p>
<p><b>IMPORTANT: Fitting &amp; forming must be completed within first 3 ½ minutes after removing brace from oven.</b></p>		
Step 3	 <p><b>Second</b> 7 minutes</p>	<p><b>Apply Product:</b> After 7 minutes, remove brace from oven. Position product on patient. <b>Align medial hinge with apex of medial malleolus.</b> Lateral hinge will sit slightly anterior.</p>
Step 4		<p><b>Apply posterior panel.</b> Ensure spine of brace is aligned with Achilles tendon. Loosely secure BOA closure system. Once brace is secure, <b>open BOA Reel</b> to allow brace to migrate proximally during forming.</p>
Step 5		<p><b>Wrap the foot &amp; ankle "tightly"</b> with elastic bandage, then <b>loosely wrap the lower leg.</b> Use the second elastic bandage as needed to ensure entire brace is covered.</p> <p><b>Form brace to desired position.</b> With one hand, <b>capture &amp; form the heel</b> by "<b>Squeezing</b>" the wings into the calcaneal channel; use the other hand to <b>form the arch.</b> <b>Increase Varus or Valgus as desired.</b></p> <p><b>Hold to desired form.</b> After 3 ½ - 4 minutes brace should be completely formed. Remove brace from patient. <b>Note:</b> While brace is cooling, review donning, doffing &amp; skin care with patient.</p>
Step 6	 <p><b>Last</b> 7 minutes</p> <p><b>Fit brace to shoe:</b> Insert Planter Surface Pad inside of brace, then trim to match shoe insole. Place brace in shoe. Brace is to be used with a shoe and stay in shoe.</p> <p><b>Important:</b> Allow a full 14 Minutes out of the Oven prior to full weight bearing in brace. A full 14 minute cooling time (includes fitting) allows brace to completely cool to room temperature &amp; harden for weight bearing. <b>Note:</b> If brace was heated longer than 7 minutes, add that extra time to total cooling time.</p>	
Step 7	<p><b>Fine Tune brace</b> by spot heating to reform or make adjustments. Use heat gun to spot heat areas to reform for improved support, comfort or pressure relief.</p> <p><b>Note:</b> Brace should be removed from Patient when performing this step. Entire brace may be completely reheated up to 5 times, if necessary.</p>	

Size	Women's shoe size	Men's shoe size	Modified Stirrup length*	Calf Circumference (in)	Minimum Fibula Height (in)
XS	4 - 6	-	6.5" - 7.5"	10.5 - 16	12.5
S	6 - 8	5 - 7	7" - 8"	11.5 - 17.5	13
M	8 - 10	7 - 9	7.5" - 8.5"	14.5 - 19.5	13.5
L	10 - 13	9 - 12	8.25" - 9.25"	12.75 - 20.5	14
XL	-	12 - 14	8.75" - 9.75"	14 - 21.5	15



\* Fitting narrow or extra wide feet may require verification of stirrup length to ensure proper positioning of hinges. Measurement taken from medial to lateral apex of malleolus using tape measure. Patient should be non-weight bearing.