Air-Stirrup® Ankle Brace

(02A, 02B, 02C)

Since 1978, the Aircast® Air-Stirrup® has been the recognized standard of care for the functional management of ankle sprains. It is available in four sizes to fit most patients, including a pediatric size (02J) for children 2 to 6 years of age.

The Air-Stirrup features:

- Patented Duplex™ aircell design that enhances circulation and reduces swelling.[7,8]
- Anatomically designed semi-rigid shells to effectively limit inversion/eversion.[2,3,9]
- Easily fits in shoes to encourage the benefits of early protected weight-bearing.[1,4,5]

OPERATION

The brace is applied with a sneaker or lace shoe *(see instructions for brace application)*. With every step, the patented Duplex aircells that line the brace provide gentle, pulsating, graduated compression (Fig. 2). This soothing, gap-free compression enhances circulation and helps reduce swelling. The semi-rigid shell provides support and protection, effectively limiting inversion/eversion while allowing for normal ambulation (Fig. 1).

CLINICAL EXPERIENCE

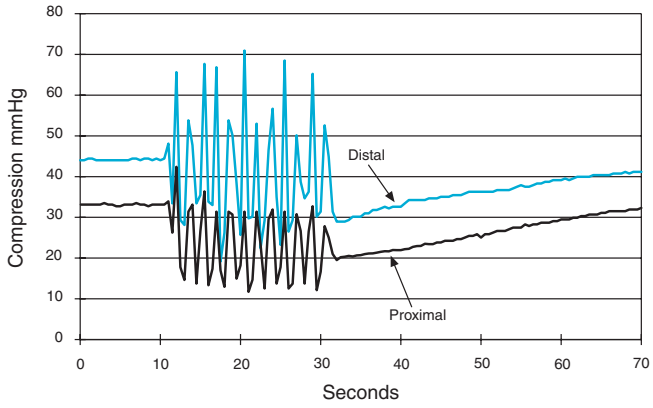
The Aircast Air-Stirrup is the treatment of choice for ankle sprains "both from a medical and a socioeconomic point of view".[6] Studies have documented earlier functional mobility and return to work, without compromising long-term stability when the Air-Stirrup is used as the initial treatment.[1,4,5,6] The Air-Stirrup has been cited, in over 100 medical journals, for its superior performance in helping to heal ankle injuries.

Fig. 1

The Air-Stirrup Ankle Brace effectively limits inversion/eversion

...while allowing for a normal gait during ambulation.

Fig. 2 Pulsating, Graduated Compression When Walking



Air-Stirrup® Ankle Brace (02A, 02B, 02C) Instructions:

❶ Adjust heelpad width

- Open brace and lift bottom of aircells until heel straps are fully exposed.
- Peel up heel straps and adjust heelpad width for a snug fit (Fig. 3).
- Firmly press heel straps and aircells back in place.

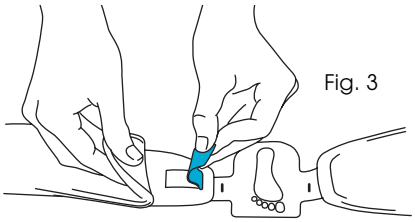


Fig. 3

❷ Apply brace

- Put on absorbent sock or ankle wrap.
- Place round edge of heelpad under heel.
- Align brace sides with ankle (Fig. 4).

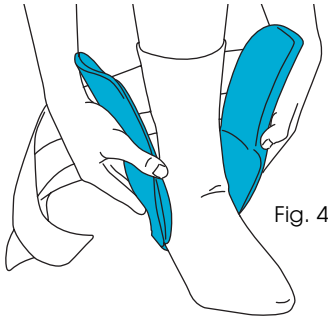


Fig. 4

❸ Secure straps

- Secure straps from bottom to top.
- Put on lace shoe or sneaker.

❹ Adjust brace

- Squeeze brace sides together with one hand.
- Tighten straps from bottom to top with other hand (Fig. 5).
- Tighten for comfortable support.

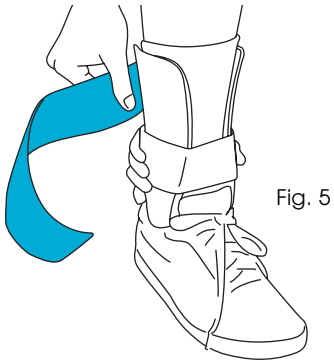


Fig. 5

⚠ CAUTION

Like all lower extremity devices, such as casts or braces, patients without sensation (i.e. post-op anesthesia, neuropathies, etc.) should be monitored frequently for "hot spots", skin irritation or wound management.

Always wear an absorbent sock or ankle wrap when using the Air-Stirrup Ankle Brace.

ANKLE BRACE FIT ADJUSTMENT

Ankle Brace aircells are preinflated and normally do not require adjustment.
If you experience pinching or uneven pressure:

- Reposition brace or,
- Readjust heelpad and straps. Use lines on heelpad as a reference.

If condition persists, adjust aircell volume **(too much air will reduce support)**:

- Unfold valve on top of aircell.
- Insert inflation tube into valve 1½ inches.
- Remove a **small amount** of air by gently squeezing aircell or,
- Add a **small amount** of air by blowing into tube.
- Squeeze valve flat just below tube, and slowly remove tube.
- Fold valve.

HIGH ALTITUDE

At high altitudes the aircells will expand beyond their optimal level, and air will have to be removed from the aircells *(see Ankle Brace Fit Adjustment)*. When flying, re-adjust the straps to a comfortable pressure.

LATEX

All Aircast products are latex-free.

CARE

The entire Ankle Brace can be hand washed in lukewarm water with mild soap and air dried.

WARRANTY POLICY

Satisfaction–Aircast will provide prompt refund for any product that does not satisfy the physician for any reason whatsoever.

Durability–Aircast Ankle Braces are designed to last for as long as required by the original patient. Aircast may, at its discretion, furnish replacement parts during this time, provided the defective part is returned to Aircast for analysis.

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Additional references available at www.aircast.com

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