

# AirStirrup Universe™ Care Kit

## PATIENT APPLICATION



**BEFORE USING THIS DEVICE, PLEASE READ THE FOLLOWING INSTRUCTIONS COMPLETELY AND CAREFULLY. CORRECT APPLICATION IS VITAL TO THE PROPER FUNCTIONING OF THE DEVICE.**

### WARNING SIGNS

If you have any of the following signs, contact your physician immediately:

- Numbness or tingling in your foot.
- Cold, pale toes. (If you are wearing the Ankle Wrap, loosen or remove it. If the problem persists, contact your physician.)
- Inability to put weight on your injured foot 4 days after injury.
- Excessive pain that does not lessen with rest.
- Increase in swelling along with a decrease in mobility.

### INTRODUCTION

The brace will help protect your ankle from further injury and enable you to walk. In addition, the brace is designed to pump swelling out of your ankle when you walk through the Duplex™ aircell system. The kit includes:

- Aircast® Air-Stirrup™ — helps support, protect, and reduce swelling.
- Ankle Wrap — works with Air-Stirrup to help control swelling.
- Cold Pack — helps reduce pain.
- Large Elastic Band — helps strengthen ankle with exercises
- Booklet — provides information on kit and exercises.

### ANKLE BRACE CLEANING

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

### WARRANTY

Our products have a limited warranty of 6 months from the date of purchase against defects in materials and workmanship. Normal wear & tear during usage of a product is not considered a defect.

Data on file.

### ATTENTION

- The content of the enclosed booklet with the kit is for information only.
- Always consult with your physician for appropriate diagnosis, treatment, and medication.
- The exercises and therapy demonstrated in the booklet are to be done with the consent and supervision of your health care professional.
- Exercises done with the Large Elastic Band have to be done using an unmovable piece of furniture. Using an object or piece of furniture that is too light or is not fixed to the floor may cause injury.
- Intended for single patient use.

Not Made with Natural Rubber Latex

## Application Information

### STEP 1 — HELP REDUCE PAIN AND SWELLING

The Cold Pack helps to reduce pain. Keep the pack in your freezer when not in use.

#### INSTRUCTIONS

Elevate your injured foot. Place a moist cloth, then the cold pack, on your ankle. Use 15 minutes at a time. Do not use heat on your ankle.

The Ankle Wrap works with the Air-Stirrup™ to help reduce swelling but does not provide support. Use the wrap only for the first few days.

#### INSTRUCTIONS

Start wrapping at your toes, moving up your leg. Overlap the wrap as you go. Rewrap several times a day to control swelling in your ankle (see "Warning Signs")

### STEP 2 — APPLY THE AIR-STIRRUP™

Wear the brace for the first 2 – 3 weeks, **OR AS DIRECTED BY YOUR PHYSICIAN**, whenever you are putting weight on your injured foot. Because it can take months for your ankle to heal completely, wear the brace during activities.

#### INSTRUCTIONS

Open the brace and lift bottom of the aircells. Peel up the heel straps, adjust width, and press back in place. Always put on a sock or Ankle Wrap. Place round edge of heel pad under your heel, and align brace with your ankle.

Secure straps from bottom to top, then put on a lace shoe/sneaker. Squeeze brace sides together with one hand while tightening straps from bottom to top. Tighten for comfortable support.

#### ADJUSTING THE FIT OF THE ANKLE BRACE

Ankle Brace aircells are preinflated and normally do not require adjustment. If you feel pinching or uneven pressure, reposition the brace or readjust the heelpad and straps using lines on the heel pad as your guide.

### STEP 3 — CORRECTLY POSITION YOUR ANKLE

It may take some time to bend your ankle into this position for walking, but it is critical for your recovery.

#### INSTRUCTIONS

While seated with your injured foot on the floor, bend your knee and slowly move your injured foot toward your body until your foot is flat on the floor.

Your injured ankle must be in this position, with the brace on, before standing or walking.

### STEP 4 — WALK

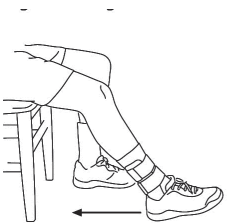
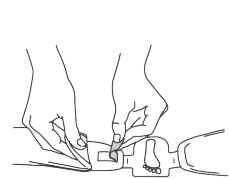
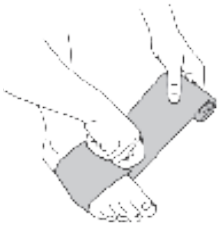
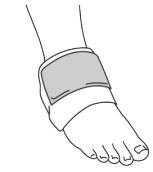
Protected movement, moving your injured ankle with the brace on, will help your ankle become healthy and strong. The Air-Stirrup™ will protect your ankle and help reduce swelling as you walk.

#### INSTRUCTIONS

Slowly stand. (Make sure your leg is in the correct position as shown in Step 3). Take small steps, putting the heel of your injured foot on the ground first, then your toe. If needed, you may use crutches to help you put a comfortable amount of weight on your injured ankle.

### STEP 5 — EXERCISE

See enclosed booklet with your AirStirrup Universe™ Care Kit for suggested exercises.



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