

# Instructions for Tiny Titan™ Ankle Support

REF: 194360, 194361

The medical professional should discuss indications, contraindications, washing instructions and application instructions with the patient and/or caregiver before use.

## Indications

Soft tissue injuries, sprains, and strains where heat and support are prescribed by a physician.

## Contraindications

Tiny Titans™ supports should not be worn while sleeping or by patients who are susceptible to dermatitis or have circulatory problems. If any rash, blisters, skin irritations, or circulatory problems do occur, the patient should discontinue use of the support and consult their physician.

## Lift and Lock

Standard application for Chronic Lateral or Outside pain.

### Step 1

Place the heel into the rear of the neoprene underliner. In a seated position, bend or flex the knee to 90° or more, this will lift the foot to a protected 90° angle. Maintain the knee and forefoot position during the entire application process. Close brace with Velcro® tabs around the foot and ankle.

### Step 2

Pull the outside or lateral stirrup up and back (with strong tension) along the padded surface of the neoprene. Seal from the bottom up.

### Step 3

Use less pressure on the inside or medial stirrup. This will position the ankle with a strong lift on the outside edge of the forefoot.

### Step 4

Lock both stirrups into place with the circular strap around the lower leg. Adjust all Velcro® closures for control and comfort. The snug fit will provide the maximum protection. Lift and Lock. It's that simple!

## Alternative Application for

- a. Acute sprain, 1-5 days post injury.
- b. Multiple ligaments, including the inside or medial deltoid ligament.

Apply neutral or even tension to both stirrups. Ultimate inversion control is provided by the 4-step application listed above. Increase the strong outside lift of the lateral stirrup as the pain and swelling subside.

## Warning

Never isolate the majority of the tension at the inside or medial strap. This would pull the foot inward to inversion, which is the most common ankle sprain. The ankle brace was design to help reduce the severity and frequency of ankle injuries. However, no ankle brace can prevent all ankle injuries. No guarantee is made, either expressed or implied that any injury will be prevented with the ankle brace.

## Washing Instructions

Tiny Titans™ supports should be washed regularly with cool soapy water. If Velcro® is used on the support, it must be closed and locked before washing. DO NOT use excessive heat. Air dry or lay flat on a towel to dry. DO NOT use solvents or chlorine bleach.

## Warranty

Defects in manufacturing or materials used will be covered for a period of (90) days from date of purchase. Items covered by warranty will either be replaced or repaired by the distributor. Supports must be returned CLEAN and DRY to the manufacturer. The manufacturer or distributor will not be liable for any damages or injuries rising from defective materials, workmanship, or problems covered under the Indications and Contraindications.

*Fillauer* LLC

2710 Amnicola Highway • Chattanooga, TN 37406 • Tel: 800.251.6398 • Fax: 423.629.7936 • www.fillauer.com  
European Representative: Centri® • Kung Hans Väg 2 • 192 68 Sollentuna, Sweden • Tel: +46 8 505 332 00

