

DETAILED INSTRUCTIONS FOR USING THE ARMOR1 ANKLE ROLL GUARD:

Contact Customer Service with any questions at info@anklerollguard.com or 888-802-6458

The **Armor1 Ankle Roll Guard** is a one-size-fits-all, ankle sprain prevention guard that can be purchased in left or right versions. It has 2 components that can be easily adjusted to custom fit your shoe. Also included is a spare under-strap.

FITTING INSTRUCTIONS:

1. The Armor1 Ankle Roll Guard is designed to be worn over a shoe.
2. Start by placing the guard on the back of the shoe with the logo resting on the heel. If you have a right version, the cushion should be on the right, if left, cushion should be on left side.
3. Wrap the Armor1 Guard around the shoe, placing the cushion at the very bottom of the sole of the shoe (without touching the ground) and slightly forward of the ankle bone (lateral malleolus). **Cushion position is important to provide maximum protection of the ankle ligaments.**

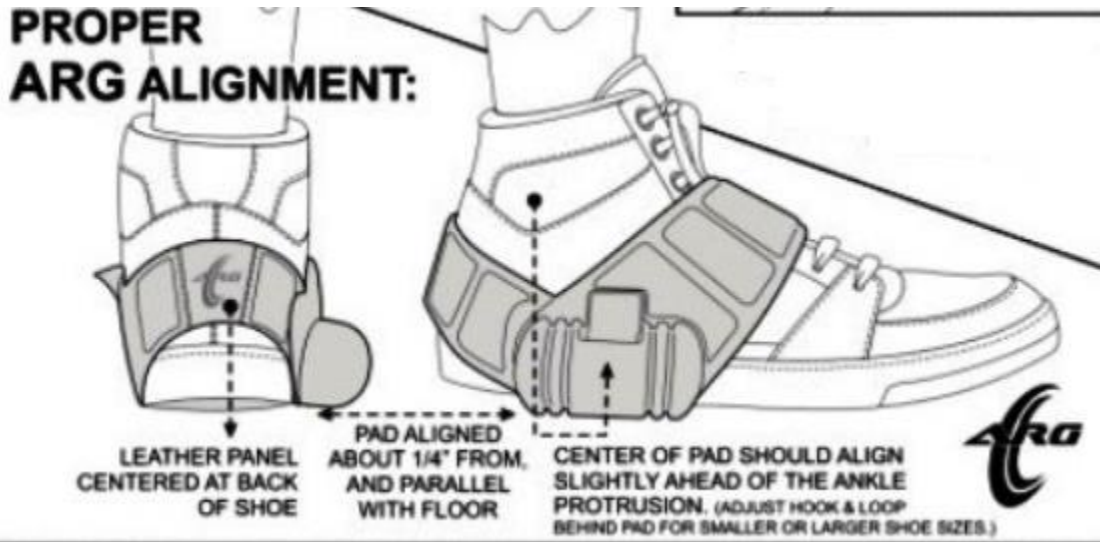


4. At the front of the Armor1 Guard, attach the Velcro strap across the front of the shoe (over the laces)

- Next, Pull the under-strap tightly under the bottom of the shoe and adhere securely to the Velcro hook tab on the side opposite the pad.



- The Armor1 Guard should fit tight and the cushion should be at the very bottom of the sole of the shoe (without touching the ground) and slightly forward of the ankle bone (lateral malleolus). Try rolling your ankle to test for optimal fit. The cushion should make contact with the floor preventing the ankle from rolling further.



OPTIONAL STEPS:

- **Adjusting the cushion for shoe size:** if you do not have an ideal fit or the cushion is not positioned properly to stop the ankle from rolling, remove the Armor1 Guard from the shoe via the front Velcro strap and the under-strap under the bottom of the shoe. Pull off the cushion piece that is Velcro attached to the other piece and re-attach the cushion to the desired location. For smaller shoes, the cushion can be attached closer to the heel; for larger shoes closer to the toes. The cushion can also be placed lower towards the ground if needed. The under-strap can also be adjusted by sliding it through the cushion slot, adjusting it up or down the Velcro strip, then sliding it back through the cushion slot.



- **Taking the Armor1 Off/Putting On with Under-Strap in Place:** Once the Armor1 Guard is custom fit to your shoe, remove it by pulling off the Velcro strap across the front of the shoe (over the laces) and slide it back from the heel. The under-strap can be left in place. To put the Armor1 Guard back on, simply slide it back onto the shoe from the back & attach the Velcro strap across the front of the shoe (over the laces). The secure strap can be tightened if needed.
- **Leaving the Armor1 on the Shoe:** The Armor1 Guard can also be left on some shoes if the front strap does not completely cover the shoe laces. Simply un-tie & remove your shoe with the Armor1 Guard attached.

- **Strap replacement:** Each Armor 1 Ankle Roll Guard comes with a replacement strap that can be easily added. Push the strap through the slot in the cushion. Pull off the old strap attached by Velcro. Attach the new strap then slide it back through the cushion slot.

