

ANKLE WRAP INSTRUCTIONS



01 CONSTRUCT

Construct the footbed by adhering the bottom of the wrap as shown



02 PLACE

Slide heel into footbed and secure fit with Velcro tabs



03 COMFORT

Fit should be comfortably snug with no creases or folds

VIDEO INSTRUCTIONS

Please Visit nicerecovery.com/how-to-videos

WRAP GUIDE SIZING

Small/Medium

Fits average body types ~up to 5'10 170lbs; up to shoe size 10M/12W Shoe Size

Large/XL

Fits average body types above 5'10 170lbs; shoe size above 10M+/Size 12W+