

1. Open front and back straps of the brace.



2. Slide brace into the shoe.



3. Slip foot into shoe through the back side of the brace.



4. Move heel into the back of the shoe.



5. Position leg straight over the top of foot and secure the front two straps.



6. Feed back strap through back slot. Twist upright to gain better angle.



7. Back strap should be secured as tight as possible.



8. Tie shoe laces firmly.

