



## Body Armor® Sport

- › The Sport ankle joint orthosis can be customized individually to match the foot after a short time wearing it.
- › For maximum stability we recommend wearing athletic shoes.
- › For advanced comfort please wear a quality full length sock to wick moisture.

### Application of the Body Armor® Sport in the following order:

1. Check whether your shoe has a removable insole.
  - a. If your shoe contains a removable insole or footbed, place the Body Armor® Sport underneath the insole or footbed. In this case we recommend removing the enclosed black foam pad for the heel and to not use it.
  - b. If the insole of your shoe cannot be removed, take off the adhesive backing of the enclosed black foam pad for the heel and fix the pad center to the upper surface of the bottom shell.
2. Open the strapping system in order to simplify entering the orthosis.
3. Insert your Body Armor® Sport into the shoe and assume the position as seen in image B (broad sole cupping underneath the heel and opening at the outside of the foot). Please take care that the ankle joint orthosis fits closely around your ankle and foot. Try to place the orthosis sole as far to the rear end of the shoe as possible.
4. Fasten the lower hook and loop strap first (runs circular through the loop at the inside) by fixing it as low as possible to the front of the splint. Fasten the upper strap by attaching it across the hook and loop spots at the inside.
5. If the hook and loop strap is too long, you may shorten it individually. Unfasten the double-catching end of the bungee strapping system (yform / with logo) and cut off the hook strap at the desired length. Afterwards fix the hook strap to the loop strap again.
6. Tie your shoes as usual.

### Using the orthosis for prevention or after an acute period of injury / Customize the Body Armor® Sport:

If you wear the ankle joint orthosis for prevention or if you are able to resume your regular daily routine after an acute injury, you can customize your Body Armor® Sport as follows in order to achieve a more comfortable fit:

- › Remove the foam cushions from the lateral fixing points.
- › Shorten their length by cutting off the thin lower end at the preshaped edge (image A).
- › Reinsert the cushion after shortening and apply the orthosis as usual.

### Cleaning instructions:

Wash the foam pads by hand with warm water and mild soap or detergent. The plastic parts of the orthosis may be cleaned with a damp cloth. Avoid damaging the material by closing all hook and loop straps before washing the orthosis. Avoid getting any of the components excessively wet.

### Material:

Orthosis: polypropylene, fiberglass, EVA, steel  
Softpad: polyethylene, polyester



Manufactured for:

DARCO International  
810 Memorial Blvd.  
Huntington, WV 25701 | USA  
Toll Free: 800-999-8866  
Phone: 304-522-4883  
www.darcointernational.com



DARCO (Europe) GmbH  
Gewerbegebiet 18  
82399 Raisting, Germany  
www.darco.de

Manufactured by:

DARCO Int. Trading (Shanghai) LTD  
No. 128 Lane 3458 Hu Min Road  
Shanghai 201108, China



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