



Indications: Severe ankle sprain/strain, Metatarsal fractures, Distal tib/fib Fracture, Achilles tendon tear

- Measure and size accordingly
- Stretch the ends
- Apply cool water and towel out
- Pull relax and roll bandage with 50-50 coverage
- Hold and mold with palms only
- Position as prescribed by physician
- Pad bony prominences
- Cut center fiberglass from stirrup, stretch padding at both ends
- Slide Stirrup through posterior opening
- Create protective toe plate, fold under away from patient