

exo·L[®]

PROTECTING ANKLES

MANUAL
EXO-L anklebrace

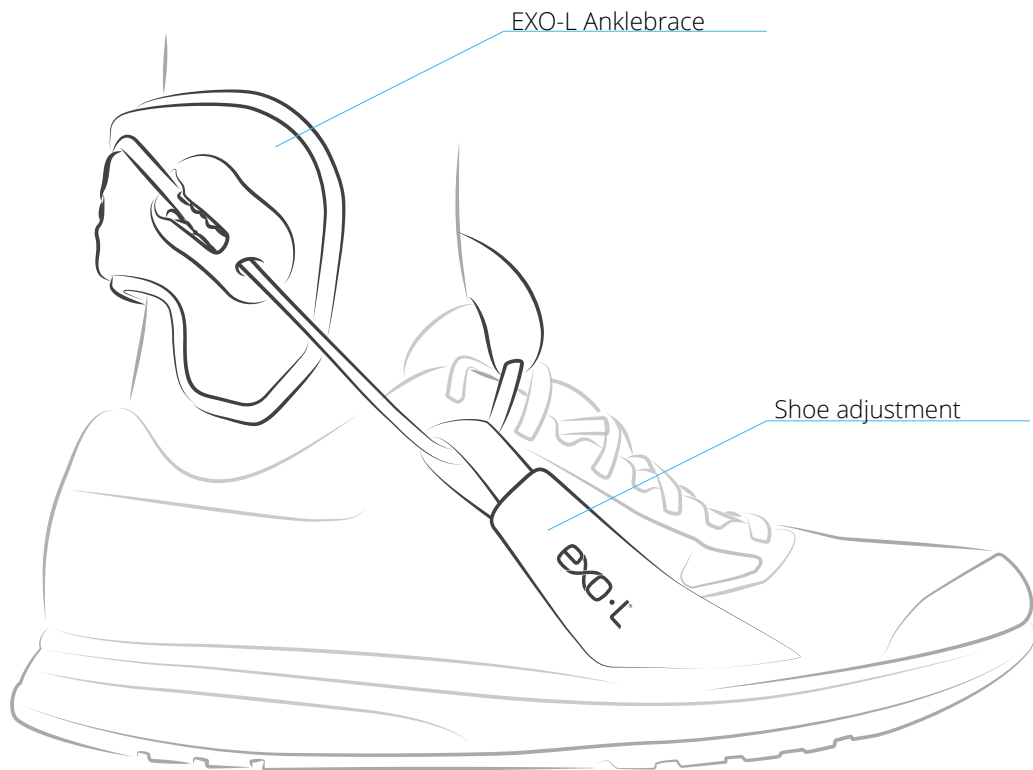


HELLO EXO-L USER,

We're glad you chose the EXO-L. Your ankle brace is made with care, so that you can exercise and move freely and explosively.

You may be tempted to quickly put a user manual like this on the shelf. However, this is not just a manual, it will help you be successful from the start. We therefore recommend that you read these carefully.

If you have any questions, you can contact us directly via email, telephone and social media. We always love to hear how your EXO-L(s) are doing!



*Need new shoe adjustments? Please contact us: warren@apexfusion.co.za / gowan@apexfusion.co.za / 074 1326 457

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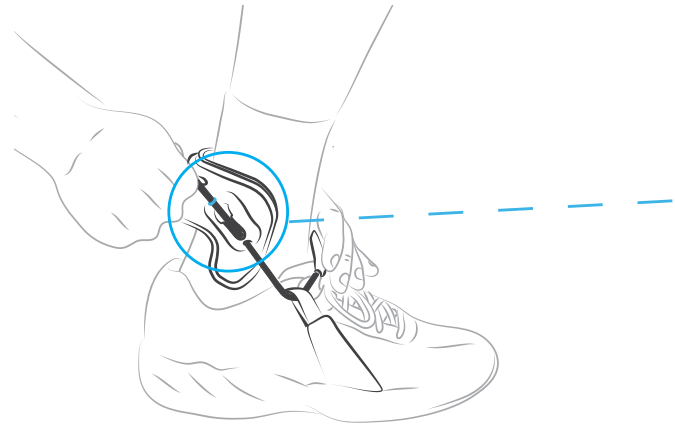
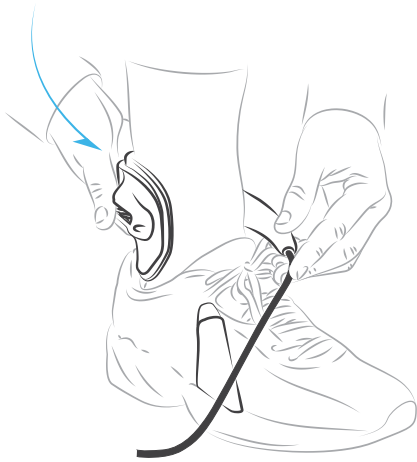
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Check www.exo-l.com/nld/exo-l-enkelbrace/ for video's.

This manual was last revised in July 2021

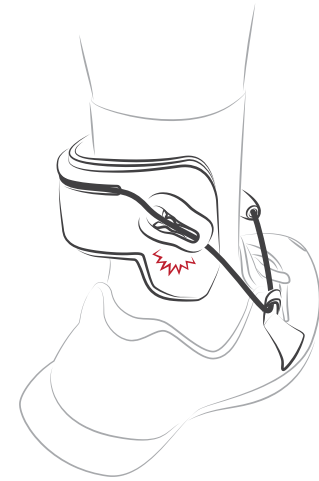
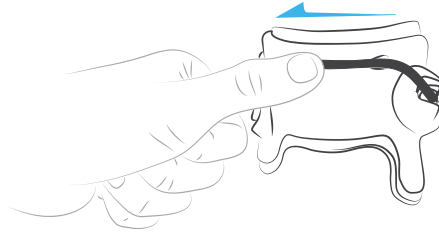
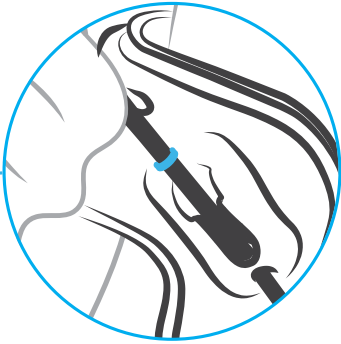


How to put on?

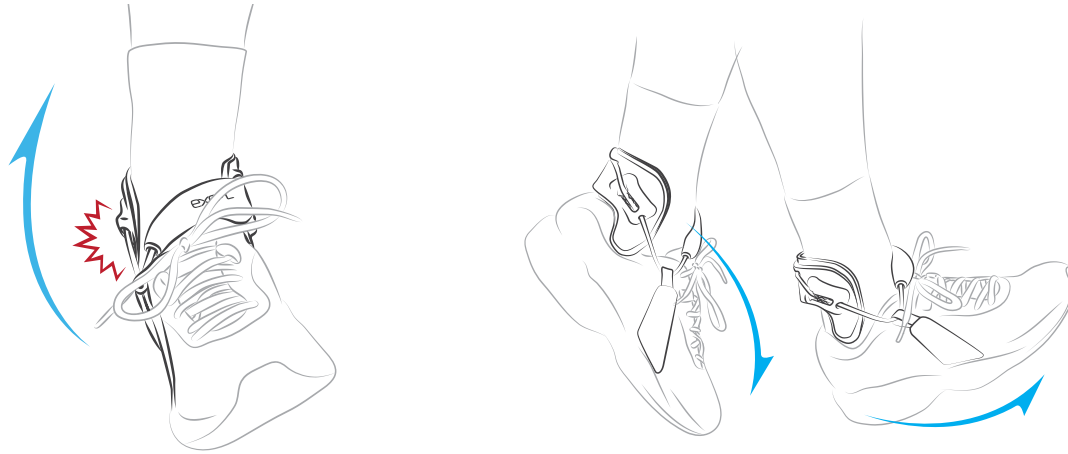
- 1 Put your foot straight on the ground and place the EXO-L Ankle Brace on your ankle from the back. Turn it up and down a bit to find the right position. The EXO-L then rests on your ankle bones and fits nicely on the inside and outside of your leg. Make sure that the black inside does not fold in half

At the back there is extra space between the EXO-L and your Achilles tendon, so that it can move freely.

- 2 Pass the cord through the attachment point on your shoe and through the clamp of the EXO-L Anklebrace.



- 3 Tighten the cord to your desired tension (see page 8). There is a small elastic band on the cord, which can help to reattach the cord in the same way later..
- 4 Store the end of the cord by pushing it with your thumb into the recess on the back of the EXO-L. This is easiest when you start on the side of the clamp.
- 5 When you consciously make a (controlled) twisting movement by pushing the side of your foot against the ground, the cord will tighten automatically and you can best experience the effect of the cord. Always do this before you actively move.



The right support

When the twisting movement is made, the cord has to do its job and you decide how much you want to limit that movement by adjusting the cord tighter or looser. Look for the right balance between noticeable support during a twisting motion and pleasant freedom to make normal movements.

When you stand upright, the cord has not to be taut. If there is already a lot of pressure on your ankles, the cord can be adjusted a little less tight. It is also normal for the cord to loosen during certain movement, for example when you bend your knees forward.

A good start

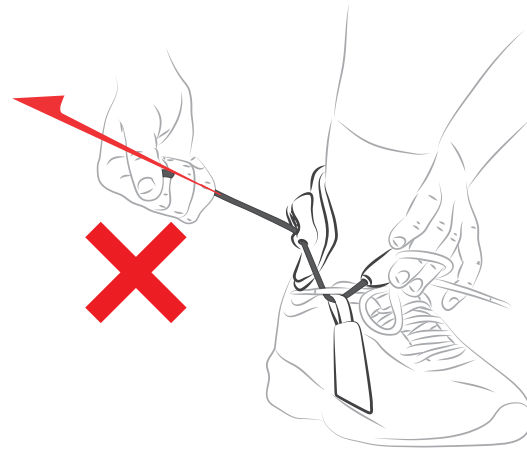
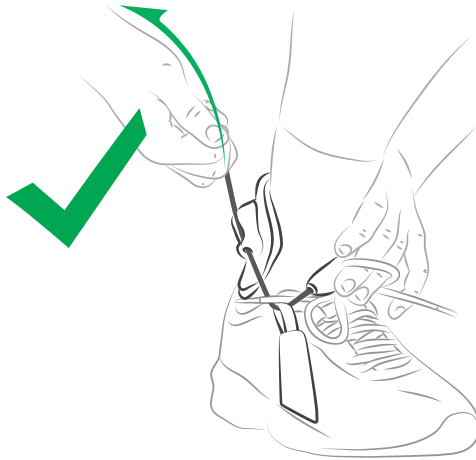
Start with short periods and then train/walk more and more intensively with the EXO-L Ankle Brace. A little bit of pressure or chafing during the first weeks of use is not unusual. Take plenty of time to let your ankles get used to the ankle brace.

If you are not sure whether you have placed your EXO-L correctly, please ask us for advice via

warren@apexfusion.co.za

gowan@apexfusion.co.za

074 1326 457



How to take off?

- 1 Bring the lower leg forward to release the tension from the cord.
- 2 Remove the cord from the recess on the back of the EXO-L .
- 3 Pulling the cord back will release it from the clamp. Pulling the cord to the side accelerates wear.
- 4 Now you can easily take the EXO-L off your ankle.

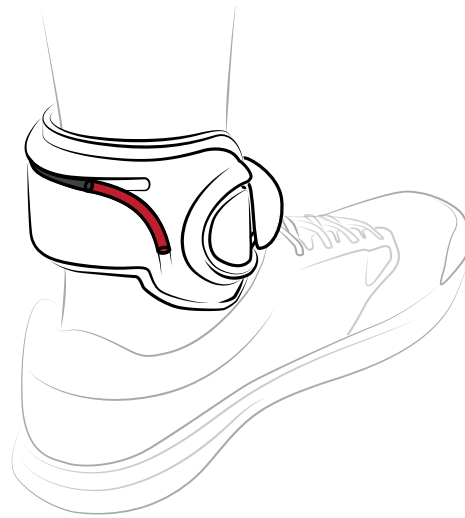


Cleaning and storage

The EXO-L can be cleaned under the tap with only water. Do not put the EXO-L in the washing machine or dishwasher.



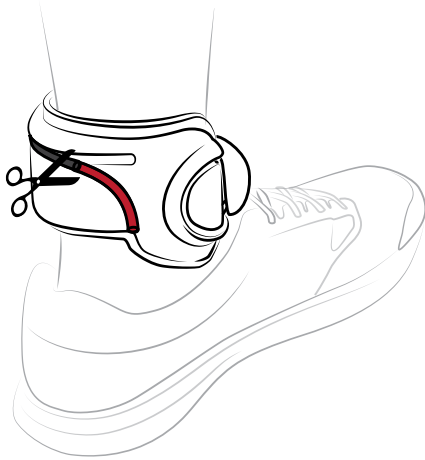
The EXO-L Ankle Brace must not be centrifuged. For a long life, it is important to let the EXO-L dry after use before you store it (not near a heat source).



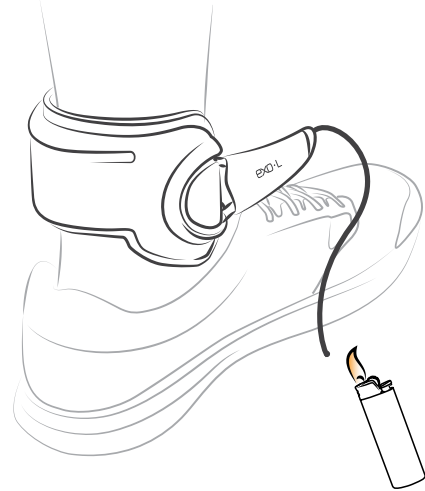
Adjusting cord length

When you have found the right settings (also read 'The right support' on page 8), part of the cord may protrude.

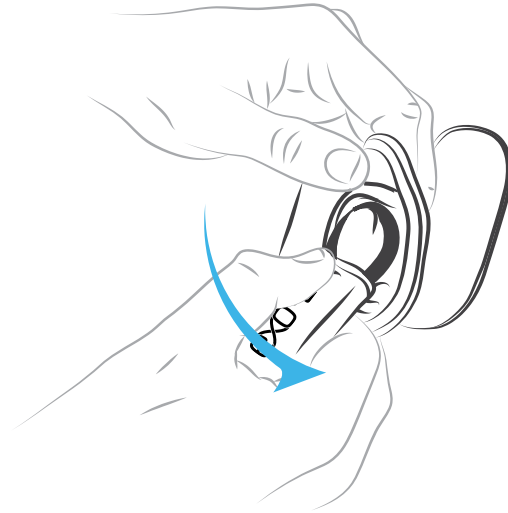
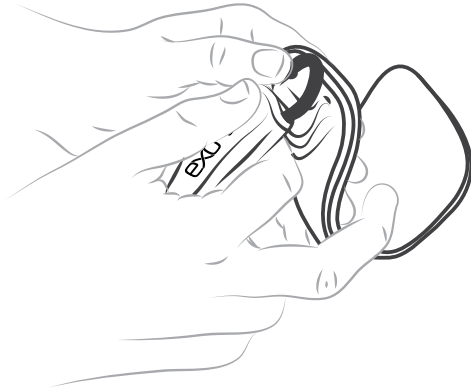
The protruding part at the back of the EXO-L is unnecessary and can even cause the cord to come loose.



- 1 The protruding part of the cord can be cut off. Use sharp scissors or a knife for this.



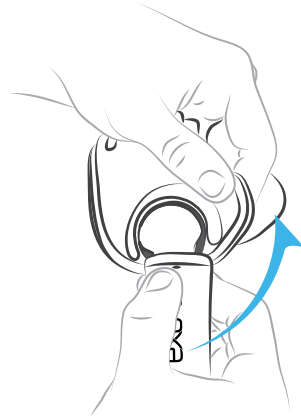
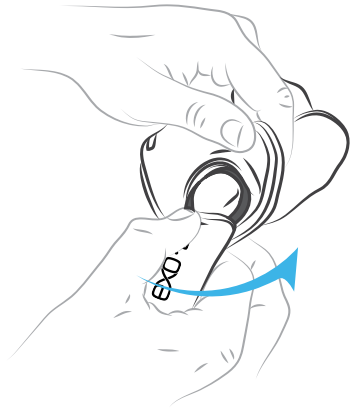
- 2 Use a lighter or match to heat the end of the cord for a few more seconds. Hold the end of the cord just above the flame until it starts to turn glassy or start to smoke



Cord replacement

The cord is easy to replace if damaged. If you want to change the cord of the EXO-L or if you remove the cord from the EXO-L for any other reason, you can re-attach it as follows:

- 1 Make sure you position the cord correctly. You do this by holding the cord and the EXO-L as shown in the first picture.



- 2 The cord is then guided through the applied curve in the EXO-L by turning it around.

Check also www.exo-l.com/nld/exo-l-enkelbrace for a video instruction.

Important information

The EXO-L is made especially for you with the utmost care. Unauthorized modifications or changes to the EXO-L may negatively affect the performance of the product. In such cases, product liability is excluded..

The EXO-L is custom made using 3D scanning technology. The product is therefore only intended for your ankle and can therefore not be used by others. Correct functioning of the EXO-L is therefore only guaranteed for the person to whom it has been fitted.

Before each use of the EXO-L, check that there is no visible wear or aging on parts (EXO-L, cord or shoe attachment), stitching or shoes. In addition, make sure that the cord is properly connected to the EXO-L, it should not be loose.

Optimal function of the EXO-L is only guaranteed if the product and your shoes are completely intact. If you are not sure whether your EXO-L or shoes are subject to wear or aging that jeopardizes the optimal function of the EXO-L, please consult us via warren@apexfusion.co.za / 074 1326 457
gowan@apexfusion.co.za

Pain is always a warning sign. In case of persistent pain or worsening of complaints, it is advisable to consult your attending physician or therapist.

Do not use the EXO-L in combination with other ankle protectors such as ankle braces or taping. Optimal function of the EXO-L is only guaranteed if the EXO-L is used independently.

Indications

Use the EXO-L for the following purposes and indications:

- Functional therapy for ligament injuries (anterior ankle ligament).
- Primary prevention.
- Secondary prevention after ankle sprain.
- Ankle instability due to lateral band insufficiency.

We recommend that you consult your attending physician or therapist before wearing the EXO-L if you have the following syndromes;

- Severe swelling around the ankle.
- Skin conditions or injuries of the area around the ankle.

If the blood circulation in the limbs is poor, wearing the EXO-L can be experienced as uncomfortable. Therefore, do not adjust the EXO-L too tight initially. If you suffer from poor circulation in the limbs, we recommend that you contact your attending physician or therapist.

Warranty

Guarantees are in accordance with the legal regulations as well as the delivery and contract conditions of EXO-L B.V. given. Normal wear and tear, damage due to poor maintenance, improper use or incorrect storage are excluded from the warranty.

In case of product defects, please contact us immediately via warren@apexfusion.co.za
gowan@apexfusion.co.za / **074 1326 457**

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