

EXO·L[®]

PROTECTING ANKLES

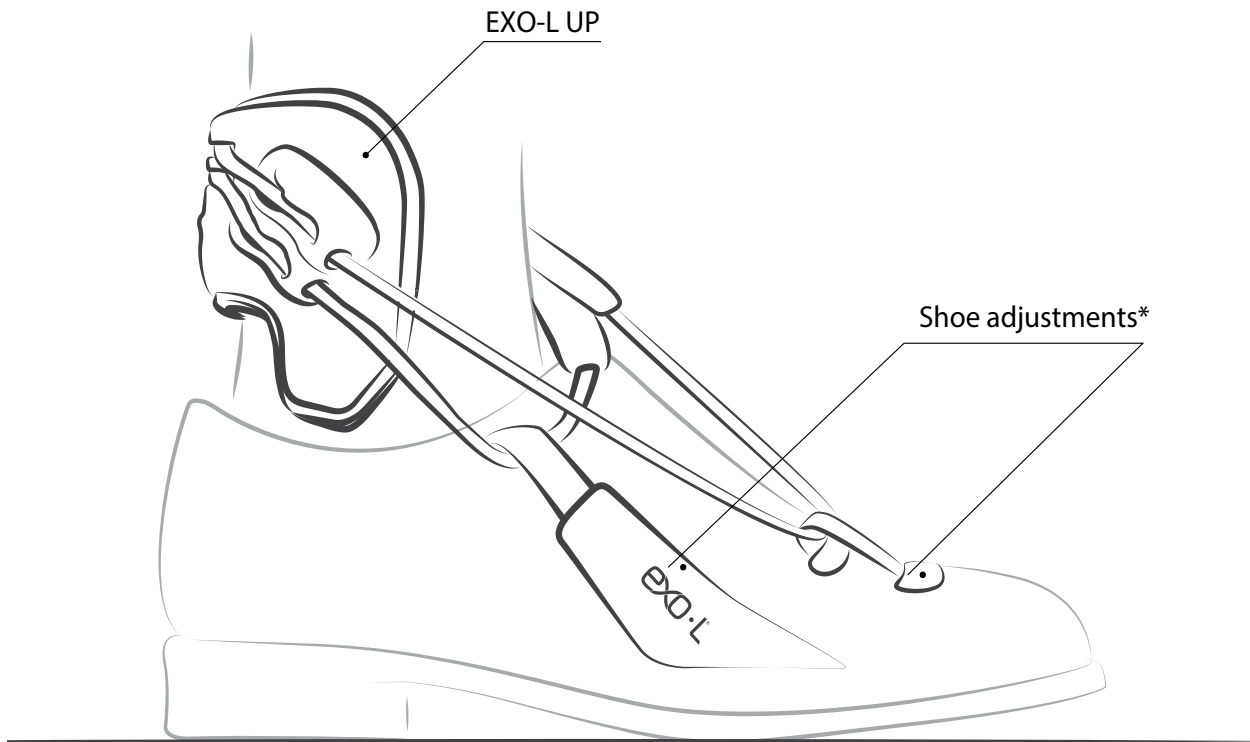
MANUAL
EXO-L UP



Hello EXO-L UP user,

We're glad you chose the EXO-L UP. This custom-made, external ankle strap prevents ankle sprains and gives your foot support. Of course we understand that reading manuals is very boring, but this is more than just a manual. In this manual we explain how best to put on your EXO-L UP and we give tips on how to use it, so that you get the most out of your EXO-L UP.

If you still want more help with your EXO-L UP, do not hesitate to contact us. This can be done via email, telephone and social media. The details are on the back of this manual. We are happy to help you!



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

INDEX

HOW TO PUT ON?

THE RIGHT SUPPORT

A GOOD START

HOW TO TAKE OFF?

CLEANING AND STORAGE

ADJUST CORD LENGTH

CORD REPLACEMENT

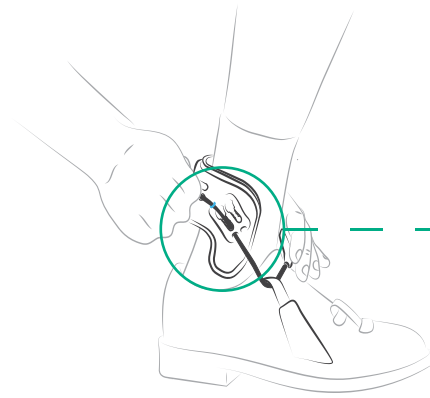
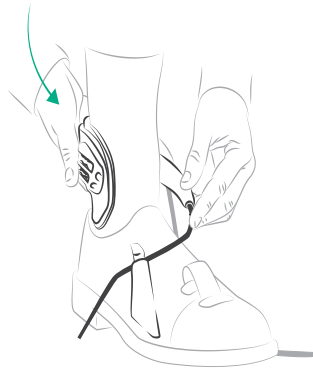
IMPORTANT INFORMATION

INDICATIONS

WARRANTY

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

This manual was last revised in July 2021

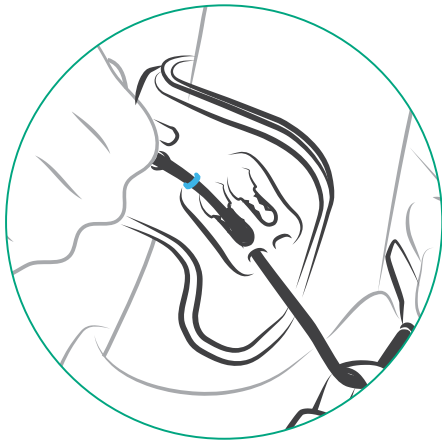


How to put on?

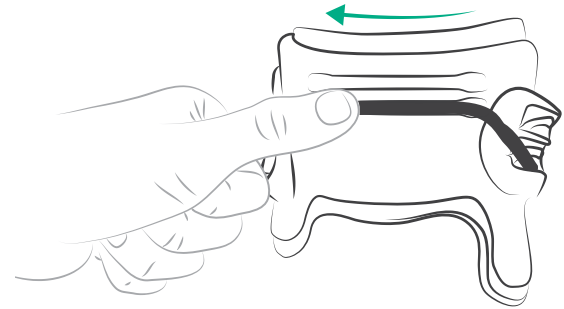
- 1 Put your foot straight on the ground and place the EXO-L Ankle Brace on your ankle from the back. Turn it up and down a bit to find the right position. The EXO-L then rests on your ankle bones and fits nicely on the inside and outside of your leg. Make sure that the black inside does not fold in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

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

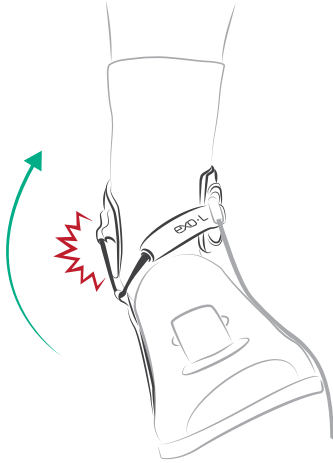
- 2 Pass the lower cord through the attachment point on the side of the shoe and through the lower clamp of the EXO-L UP.



- 3 Tighten the cord to your desired tension (see page 11). Press the rope firmly into the clamp with your thumb. There is a small elastic on the cord that you can slide behind the clamp. This helps to reattach the cord in the same way later on.



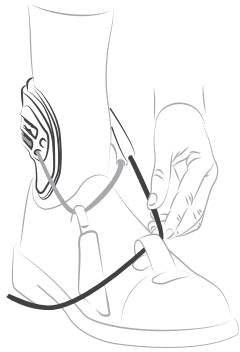
- 4 Store the end of the cord by pushing it with your thumb into the lower recess on the back of the EXO-L UP. This is easiest when you start on the side of the clamp.



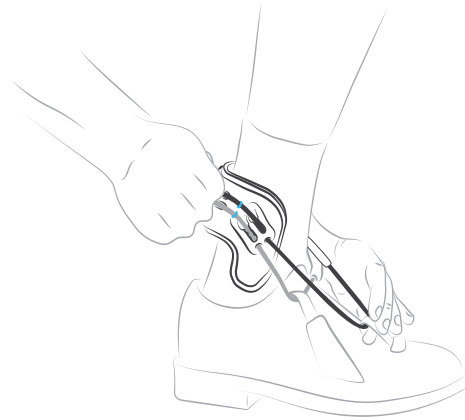
- 5 Make a (controlled) sprain motion by pushing the side of your foot against the floor. Due to this movement, the cord is completely tightened in the clamp. Always do this before you actively move, so that the cord cannot come loose. At the same time, you can experience the



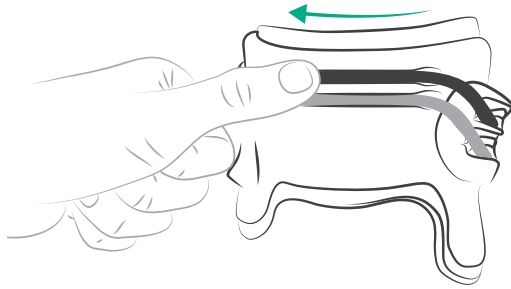
- inhibitory effect of the EXO-L UP. Determine yourself, with the setting of the cord, when the EXO-L UP should intervene. Read more about the correct setting of the cord on page 11.
- 6 Pass the top cord through the attachment point on the front of the shoe.



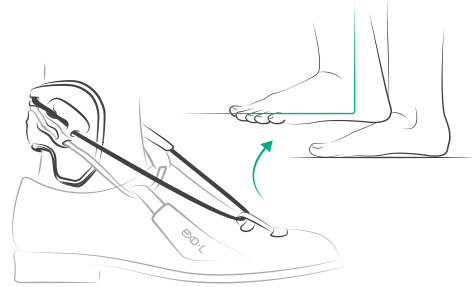
- 7 Pass the cord through the top clamp of the EXO-L UP and tighten, in the same way as the first cord.



- 8 Also store this cord by pushing the end of the cord with your thumb into the top recess on the back of the EXO-L UP.



9 Optimal foot support is different for everyone. For starters, you can adjust the cord so that a raised foot, supported by the cord, is at a 90-degree angle. Then you can determine



whether the cord needs to be looser, for less support, or tighter, for more support.

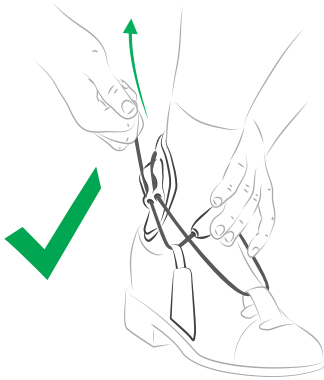
The right support

When the sprain movement is made, the cord has to do its job and you decide how much you want to limit that movement by setting the cord tighter or looser. Look for the right balance between noticeable support during a twisting movement and pleasant freedom when walking. It is normal for the cord to loosen with certain movements, such as when you bend your knee forward. The same applies to the support of the foot with the upper cord. By trying, you will find the position that gives you the optimal support.

A good start

Start with short periods and gradually make more intensive use of the EXO-L UP. 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 external ankle strap.

Are you not sure if your EXO-L UP is correct? have confirmed, feel free to 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 cords.
- 2 Remove the cords from the recess on the back of the EXO-L
- 3 Pulling the cords back will release them from the clamp. Pulling the cords to the side accelerates wear.
- 4 Now you can easily take the EXO-L UP off your ankle.



Claining 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.



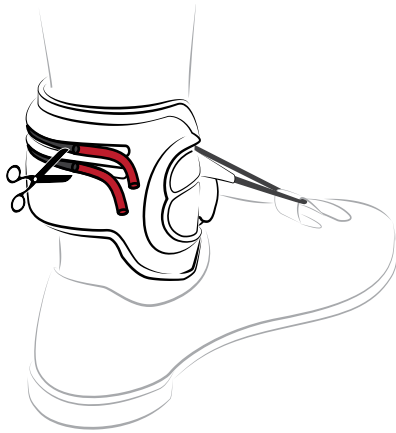
The EXO-L Ankle Brace must not be centrifuged. For a long life, it is important to let the EXO-L dry after use before you store it (not near a heat source).



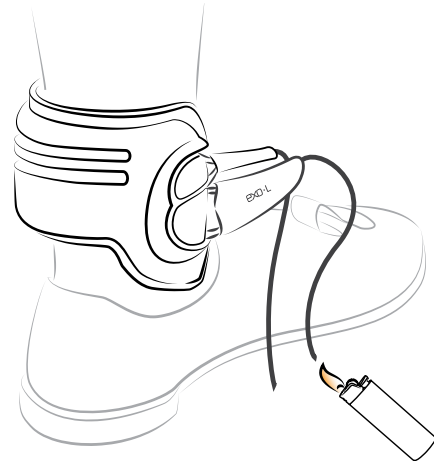
Adjust cord length

When you have found the right settings (also read 'The right support' on page 9), part of the cord may stick out.

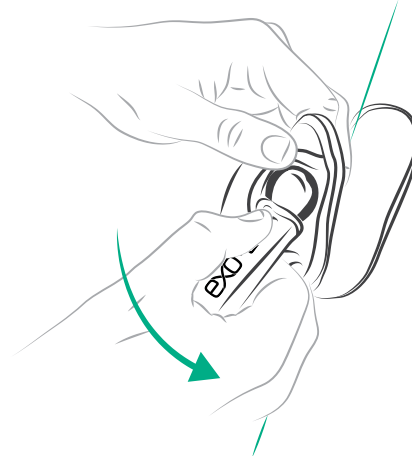
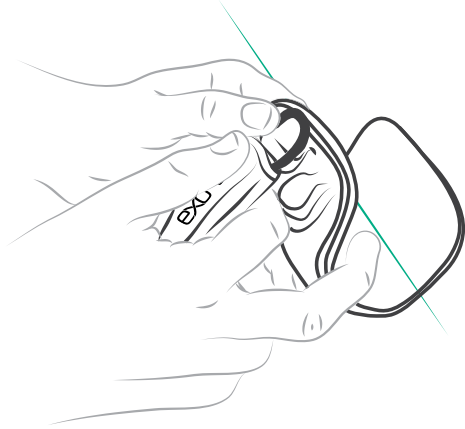
- 1 The protruding parts of the cords on the back of the EXO-L UP are unnecessary and can even cause the EXO-L UP to come loose.



- 2 The protruding parts of the cords can be cut off. Use sharp scissors or a knife for this



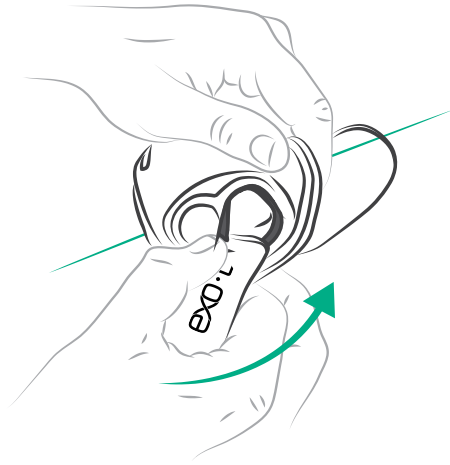
- 3 Use a lighter or match to heat the end of the cord for a few more seconds. Hold the end of the cord just above the flame until it starts to turn glassy or start to smoke



Cord replacement

Both cords are easy to replace if damaged. If you want to change one of the cords on the EXO-L UP or if you remove one of the cords 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 in the first image, with the EXO-L logo on the cord on the outside.



- 2 The cord is then guided through the applied curve in the EXO-L by turning it around, as shown in the second and third images



Look for additional help at:
www.exo-l.com/nld/exo-l-enkelbrace for a video instruction

Important information

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

The EXO-L UP 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 UP is therefore only guaranteed for the person to whom it has been fitted.

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

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

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 UP in combination with other ankle protectors, such as ankle braces or taping. Optimal function of the EXO-L UP is only guaranteed if the EXO-L UP is used independently.

Indications

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

- Restriction in active dorsiflexion due to failure of the dorsiflexors (foot drop).
- 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 UP for the following syndromes;

- Severe swelling around the ankle.
- Skin conditions or injuries of the area around the ankle.
- In case of poor blood circulation in the limbs. Wearing the EXO-L UP can then be experienced as uncomfortable. Therefore, do not adjust the EXO-L UP too tight initially.

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 direct via warren@apexfusion.co.za / gowan@apexfusion.co.za / 074 1326 457

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