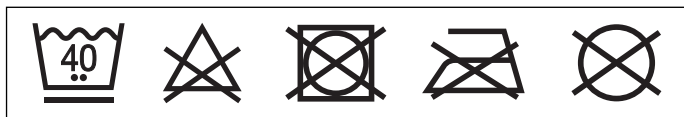


	Artikelnummer / Article number	Größe / Size	Umfang / Circumference	
			cm	inch
	504=S	S	51-53	20.1-20.9
	504=M	M	53-55	20.9-21.7
	504=L	L	55-57	21.7-22.4
	504=XL	XL	57-59	22.4-23.2
	504=XXL	XXL	59-61	23.2-24.0
<b>Seite / Side:</b> beidseitig / suitable for either side				



<b>Material</b>	PES, PA, EA
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- 4) Die Schlinge von vorne über den Fuß ziehen (siehe Abb. 6).

### 4.3 Reinigung

#### HINWEIS

#### Verwendung falscher Reinigungsmittel

Beschädigung des Produktes durch falsche Reinigungsmittel

- Reinigen Sie das Produkt nur mit den zugelassenen Reinigungsmitteln.

Die Bandage regelmäßig reinigen:

- 1) Empfehlung: Waschbeutel oder -netz verwenden.
- 2) Die Bandage in **40 °C** warmen Wasser mit einem handelsüblichen Feinwaschmittel waschen. Keinen Weichspüler verwenden. Gut ausspülen.
- 3) An der Luft trocknen lassen. Direkte Hitzeeinwirkung vermeiden (z. B. durch Sonnenbestrahlung, Ofen- oder Heizkörperhitze).

### 5 Entsorgung

Das Produkt gemäß den geltenden nationalen Vorschriften entsorgen.

### 6 Rechtliche Hinweise

Alle rechtlichen Bedingungen unterliegen dem jeweiligen Landesrecht des Verwenderlandes und können dementsprechend variieren.

#### 6.1 Haftung

Der Hersteller haftet, wenn das Produkt gemäß den Beschreibungen und Anweisungen in diesem Dokument verwendet wird. Für Schäden, die durch Nichtbeachtung dieses Dokuments, insbesondere durch unsachgemäße Verwendung oder unerlaubte Veränderung des Produkts verursacht werden, haftet der Hersteller nicht.

#### 6.2 CE-Konformität

Das Produkt erfüllt die Anforderungen der Verordnung (EU) 2017/745 über Medizinprodukte. Die CE-Konformitätserklärung kann auf der Website des Herstellers heruntergeladen werden.

### 1 Foreword

English

#### INFORMATION

Date of last update: 2020-03-05

- Please read this document carefully before using the product and observe the safety notices.

- ▶ Instruct the user in the safe use of the product.
- ▶ Please contact the manufacturer if you have questions about the product or in case of problems.
- ▶ Report each serious incident in connection with the product, in particular a worsening of the state of health, to the manufacturer and to the relevant authority in your country.
- ▶ Please keep this document for your records.

These instructions for use provide important information on the application of the 504 elastic ankle support.

## 2 Intended use

### 2.1 Indications for use

The support is intended **exclusively** for fittings of the lower limbs and **exclusively** for contact with intact skin.

The support must be used according to the indication.

### 2.2 Indications

- Feeling of instability in the ankle, e.g. in case of rheumatic complaints or following a sprain.
- Irritation and swelling of the ankle joint

Indications must be determined by the physician.

### 2.3 Contraindications

#### 2.3.1 Absolute Contraindications

Not known.

#### 2.3.2 Relative Contraindications

The following indications require consultation with a physician: skin diseases/injuries, inflammation, prominent scars that are swollen, reddening and hyperthermia of the fitted limb; pronounced varicose veins, especially with return flow impairment, lymphatic flow disorders, including unclear soft tissue swelling distant to the body area to which the support will be applied; sensory and circulatory disorders in the foot area, e.g. in case of diabetic neuropathy.

### 2.4 Effects

The support stabilises the ankle and can relieve pain.

## 3 Safety

### 3.1 Explanation of warning symbols

**CAUTION** Warning regarding possible risks of accident or injury.

**NOTICE** Warning regarding possible technical damage.

### 3.2 General safety instructions

**CAUTION**

**Contact with heat, embers or fire**

Risk of injury (such as burns) and risk of product damage.

- ▶ Keep the product away from open flames, embers and other sources of heat.

**CAUTION**

**Reuse on other persons and improper cleaning**

Skin irritation, formation of eczema or infections due to contamination with germs

- ▶ The product may be used by one person only.
- ▶ Clean the product regularly.

**NOTICE**

**Improper use and changes**

Change in or loss of functionality as well as damage to the product

- ▶ Use this product with care and only for its intended purpose.
- ▶ Do not make any improper changes to the product.

**NOTICE**

**Contact with oils, salves, lotions or other products that contain oils or acids**

Insufficient stabilisation due to loss of material functionality

- ▶ Do not expose the product to oils, salves, lotions or other products that contain oils or acids.

## 4 Handling

### INFORMATION

- ▶ The daily duration of use and period of application are generally determined by the physician.
- ▶ The initial fitting and application of the product must be carried out by qualified personnel.
- ▶ Instruct the patient in the handling and care of the product.
- ▶ Instruct the patient to see a physician immediately if any exceptional changes are noted (e.g. worsening of the complaint).

### 4.1 Size Selection

- 1) Use a tape measure to make an "8" around the ankle and midfoot (size chart).
- 2) Measure the ankle circumference above the lateral malleolus and the midfoot circumference (metatarsus) to determine the overall circumference.
- 3) Select the size of the support (see size chart).

### 4.2 Application

#### CAUTION

#### **Incorrect or excessively tight application**

Skin irritation due to overheating, local pressure points due to tight application to the body

- ▶ Ensure that the product is applied properly and fits correctly.
- ▶ When in doubt, do not continue to use the product if skin irritation occurs.

- > The patient is sitting on the front edge of a chair.
- 1) Slip one loop of the support over the foot from the front (see fig. 1).
  - 2) Pulling from the inner side, guide the support around the ankle and under the foot from the inside (see fig. 2).
  - 3) Pull the support over the arch and around the heel again (see fig. 3, see fig. 4 and see fig. 5).
  - 4) Pull the loop over the foot from the front (see fig. 6).

## 4.3 Cleaning

### NOTICE

#### Use of improper cleaning agents

Damage to the product due to use of improper cleaning agents

- Only clean the product with the approved cleaning agents.

Clean the support regularly:

- 1) Recommendation: Use a laundry bag or net.
- 2) Wash the support in warm water at **40 °C** with standard mild detergent. Do not use fabric softener. Rinse thoroughly.
- 3) Allow to air dry. Do not expose to direct heat sources (e.g. sunlight, stove or radiator).

## 5 Disposal

Dispose of the product in accordance with national regulations.

## 6 Legal information

All legal conditions are subject to the respective national laws of the country of use and may vary accordingly.

### 6.1 Liability

The manufacturer will only assume liability if the product is used in accordance with the descriptions and instructions provided in this document. The manufacturer will not assume liability for damage caused by disregarding the information in this document, particularly due to improper use or unauthorised modification of the product.

### 6.2 CE conformity

The product meets the requirements of Regulation (EU) 2017/745 on medical devices. The CE declaration of conformity can be downloaded from the manufacturer's website.

## 1 Avant-propos

Français

### INFORMATION

Date de la dernière mise à jour : 2020-03-05

- Veuillez lire attentivement l'intégralité de ce document avant d'utiliser le produit ainsi que respecter les consignes de sécurité.
- Apprenez à l'utilisateur comment utiliser son produit en toute sécurité.