

Ankle

Ankle Injuries: Definitions, Signs and Symptoms

Achilles Tendinitis: Inflammation of the Achilles Tendon (connects calf to heel bone). Pain over tendon. Loss of motion.

General Soreness: Pain as a result of overuse or chronic injury. Diffuse pain around the affected area.

Ligament Sprain/Instability: Ligament is stretched or torn decreasing the strength of the joint. Pain over ligament. Joint stiffness and decrease in range of motion.

Swelling: Collection of fluid in and/or around joint. Palpable fluid around joint that can be painful.

TRUFIT®

Protection Levels

- S Standard:** Designed to provide light support during activities, as well as everyday use, and can be worn over an extended period of time.
- A Advanced:** Designed to provide moderate support during activities and should be worn as needed.
- P Premium:** Designed to provide advanced support during activities and not intended to be worn for an extended period of time, but removed after an activity.
- AM Antimicrobial:** Tru-Fit® Antimicrobial Supports with Gel Cushion inhibits bacterial growth on all layers of the support. This antimicrobial treatment reduces odor caused by bacteria.



Find Your Injury

*This information is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician with any questions or concerns.

Ankle

	Achilles Tendinitis	General Soreness	Ligament Sprain/Instability	Swelling	Antimicrobial	Item#	Size
Deluxe Ankle Support	S			S		483733	ONE SIZE
Ankle Support - Black	S			S		483734	ONE SIZE
Ankle Support	S			S		483747	ONE SIZE
Ankle Support - Beige	S			S		483788	ONE SIZE
Ankle Sleeve	S			S		486077-80	SM-XL
Elasto-Preene® Ankle Support	S			S		488405-6	SM/MD - LG/XL
Ankle Support with Magnets	A			A		483203	ONE SIZE
Breathable Ankle Support	A			A		483763	ONE SIZE
Breathable Ankle Support with Wrap	A	A		A		483764	ONE SIZE
Canvas Lace-Up Ankle - Black	A		A			486013-5	SM-LG
Ankle Support with Spandex Wrap		A	A			486026-8	SM-LG
Ankle Brace with Side Stabilizers		A	A			486218	ONE SIZE
Lightweight Lace-Up Ankle Brace	A		A			486228-31	SM-XL
Adjustable Lace-Up Ankle Stabilizer	P	P	P			483013-6	SM-XL
Ultra-Lite Ankle Brace			P			483065-8	SM-XL
Lace-Up Ankle Brace with Gel Cushions - White	P		P			486210-3	SM-XL
Lace-Up Ankle Brace with Gel Cushions - Black	P		P			486232-5	SM-XL
Antimicrobial Quick Lace Ankle Brace		AM	AM		AM	483635	ONE SIZE

*Please follow usage instructions on Tru-Fit® packages

Ankle

STANDARD



Deluxe Ankle Support - Black

- ▶ Adjustable for a custom fit
- ▶ Heat Retention: Retains body heat for increased circulation
- ▶ Wrap around design allows for tension control
- ▶ Neoprene blend**

483733: Deluxe Ankle Support **ONE SIZE**



ONE SIZE



STANDARD



Ankle Support - Black or Beige

- ▶ Adjustable for a custom fit
- ▶ Heat Retention: Retains body heat for increased circulation
- ▶ Helps reduce swelling and stiffness
- ▶ Neoprene blend**

483734: Ankle Support **ONE SIZE - BLACK**

483788: Ankle Support **ONE SIZE - BEIGE**



STANDARD



Ankle Support - Black

- ▶ Heat Retention: Retains body heat for increased circulation
- ▶ Adjustable for a custom fit
- ▶ Neoprene blend**

483747: Ankle Support **ONE SIZE**



ONE SIZE



Ankle

Ankle Sleeve with Terry Lining - Black

- Provides comfortable support
- Neoprene blend material retains body heat
- Heat Retention: Retains body heat for increased circulation
- Neoprene blend**



STANDARD



486077: Ankle Sleeve with Terry Lining **SM**



486078: Ankle Sleeve with Terry Lining **MD**



486079: Ankle Sleeve with Terry Lining **LG**



486080: Ankle Sleeve with Terry Lining **XL**



Elasto-Preene® Ankle Support - Black

- Comfort and breathability of woven supports
- Heat retention: Improves circulation and helps promote healing
- Neoprene blend**



STANDARD



488405: Elasto-Preene® Ankle Support **SM/MD**



488406: Elasto-Preene® Ankle Support **LG/XL**



Ankle

Ankle Support with Magnets- Black

- ▶ Adjustable for a custom fit
- ▶ Removable magnets
- ▶ Neoprene blend**

483203: Ankle Support with Magnets **ONE SIZE**



ONE SIZE

ADVANCED



Breathable Ankle Support - Black

- ▶ Terry lining provides greater comfort
- ▶ Helps reduce swelling to injured area
- ▶ Neoprene blend**

483763: Breathable Ankle Support **ONE SIZE**



ONE SIZE

ADVANCED



Breathable Ankle Support with Wrap - Black

- ▶ Adjustable for custom fit
- ▶ Helps reduce swelling to injured area
- ▶ Spandex wrap for adjustable compression and support
- ▶ Neoprene blend**

483764: Breathable Ankle Support with Wrap **ONE SIZE**



ONE SIZE

ADVANCED



*Please follow usage instructions on Tru-Fit® packages.

**Neoprene blend provides compression, support and heat retention which improves circulation and helps promote healing.

Ankle

ADVANCED



Canvas Lace-Up Ankle Brace - Black

- Durable canvas shell
- Replaces ankle taping
- Elastic strap stitched over achilles tendon
- Spiral metal stays provide support to weak or injured ankle

486013: Canvas Lace-Up
Ankle Brace **SM**



486014: Canvas Lace-Up
Ankle Brace **MD**



486015: Canvas Lace-Up
Ankle Brace **LG**



ADVANCED



Ankle Support with Spandex Wrap

- Provides comfortable & secure support
- Breathable spandex for comfort
- Replaces ankle taping

486026: Ankle Support
with Spandex Wrap **SM**



486027: Ankle Support
with Spandex Wrap **MD**



486028: Ankle Support
with Spandex Wrap **LG**



Ankle

ADVANCED



Ankle Brace with Side Stabilizers - Black

- Comfortable, low profile design
- Can be adjusted easily for custom fit
- Cotton terry lining
- Neoprene blend**

486218: Ankle Brace with Side Stabilizers **ONE SIZE**



ONE SIZE

Lightweight Lace-Up Ankle Brace - White

- Lightest Tru-Fit lace-up ankle brace for added comfort and less noticeable
- Lightweight and durable outer shell designed to support ankle from excessive movement
- Mesh panels allow for excess heat and moisture transfer
- Elastic Achilles tendon cut out for greater comfort, better fit and mobility

486228: Lightweight Lace-Up Ankle Brace **SM**



486230: Lightweight Lace-Up Ankle Brace **LG**



486229: Lightweight Lace-Up Ankle Brace **MD**



486231: Lightweight Lace-Up Ankle Brace **XL**



ADVANCED



Ankle

PREMIUM



Adjustable Lace-Up Ankle Stabilizer - Royal Blue

- ▶ Medial and lateral stirrups for ankle stabilization
- ▶ Removable nylon strap for added support
- ▶ Coolmax® lining transports excessive perspiration away from the body
- ▶ Breathable material for added comfort

483013: Adj. Lace-Up
Ankle Stabilizer **SM**



483014: Adj. Lace-Up
Ankle Stabilizer **MD**



483015: Adj. Lace-Up
Ankle Stabilizer **LG**



483016: Adj. Lace-Up
Ankle Stabilizer **XL**



PREMIUM



Ultra-Lite Ankle Brace - Black

- ▶ Helps improve ankle stability which may prevent sprains and over-rotation
- ▶ Multi purpose strapping system eliminates the need for ankle taping
- ▶ Lightweight, breathable fabric with padded lining for comfort and protection

483065: Ultra-Lite
Ankle Brace **SM**



483066: Ultra-Lite
Ankle Brace **MD**



483067: Ultra-Lite
Ankle Brace **LG**



483068: Ultra-Lite
Ankle Brace **XL**



PREMIUM



Lace-Up Ankle Brace with Gel Cushions - White

- ▶ Dual gel cushions around ankle joint for added comfort
- ▶ Mesh panels allow for excess heat and moisture transfer
- ▶ Elastic Achilles tendon cut for comfort, better fit and mobility
- ▶ Durable outer shell designed to support ankle from excess movement

486210: Ankle Brace
w/Gel Cushions **SM**



486211: Ankle Brace
w/Gel Cushions **MD**



486212: Ankle Brace
w/Gel Cushions **LG**



486213: Ankle Brace
w/Gel Cushions **XL**



*Please follow usage instructions on Tru-Fit® packages.

**Neoprene blend provides compression, support and heat retention which improves circulation and helps promote healing.

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Ankle

PREMIUM



Lace-Up Ankle Brace with Gel Cushions - Black

- ▶ Dual gel cushions around ankle joint for added comfort
- ▶ Mesh panels allow for excess heat and moisture transfer
- ▶ Elastic achilles tendon cut for comfort, better fit and mobility
- ▶ Durable outer shell designed to support ankle from excess movement

486232: Lace-Up
w/Gel Cushions **SM**



486233: Lace-Up
w/Gel Cushions **MD**



486234: Lace-Up
w/Gel Cushions **LG**



486235: Lace-Up
w/Gel Cushions **XL**



ANTIMICROBIAL BRACES WITH GEL SUPPORT

Tru-Fit® Antimicrobial Supports with Gel Cushion inhibits bacterial growth on all layers of the support. This antimicrobial treatment reduces odor caused by bacteria.

ANTIMICROBIAL



Quick Lace Ankle Brace - Charcoal

- ▶ Antimicrobial treatment inhibits growth of bacteria
The antimicrobial treatment is intended to protect the brace and does not extend protection to the skin
- ▶ Reduces odor caused by bacteria
- ▶ Gel cushions positioned around Achilles tendon for added comfort and support
- ▶ Triple strap system provides custom fit & comfortable support for weak muscles & joints
- ▶ Neoprene blend**

483635: Quick Lace
Ankle Brace **ONE SIZE**

