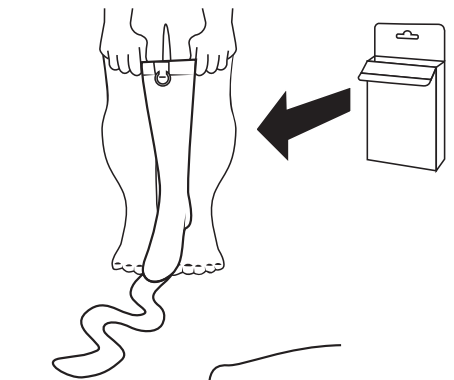


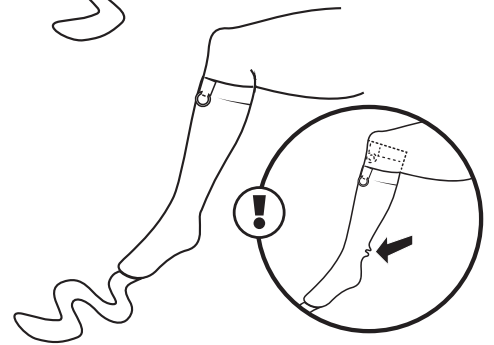
1 Step 1:

Carefully take the sock out of its packaging. Hold the sock with the ring pointing to the front. The long strap that is attached to the toe part is hanging loose towards the floor.



2 Step 2:

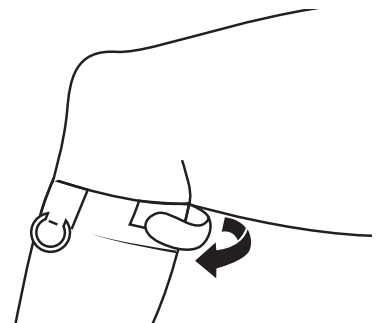
Pull the sock up over the foot and lower leg. The sock has to end right below the knee and the ring has to point forward. The toes have to touch the end of the sock.



! *Note! If you still have some space left at the top of the sock, do not roll this up! Delicately pull it down and gather it at the bottom of the calf, where the leg is smaller.*

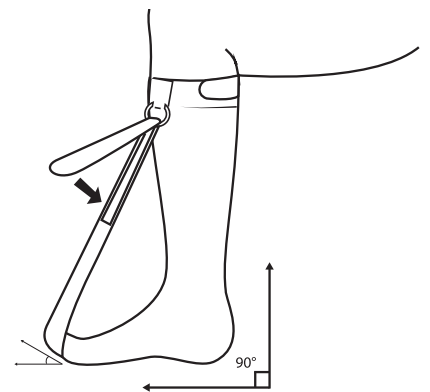
3 Step 3:

Attach the Velcro strap around the lower leg, right below the knee, in a circular motion. Tighten the strap until the sock falls around your leg comfortably. Do not tighten the strap too much, as this will cut off the blood flow, which is very dangerous.



4 Step 4:

Place the foot in a perpendicular position (90° angle), and pull the loose strap, that is attached to the toe part, through the ring of the lower leg strap. Make sure the toes end up slightly stretched. Pull the long strap back and attach it to itself with the Velcro.



Remarks:

Try to wear the sock at night for as long as possible. If you're bothered too much by pain in your calf, Achilles tendon or toes, you can reduce the tension put on these body parts by loosening the strap a bit.