

# Medial Mid-foot Brace

## Adjustable Brace for Mid-foot Pain Relief

READ PRODUCT INFORMATION AND INSTRUCTIONS BEFORE USE!

**Intended use:** Relieve mid-foot pain caused by general stress and strain including splayfoot and fallen arch.

The **Medial Mid-foot Brace** provides longitudinal arch support, relieving mid-foot pain caused by general foot stress and strain including splayfoot and fallen arch. In conjunction with orthotic support, the brace provides optimum stabilization for the longitudinal arch. The brace re-establishes the metatarsal arch, distributing pressure to the ball of the foot. This helps re-establish normal foot mechanics to reduce pain.

The **Medial Mid-foot Brace** comes pre-assembled and consists of:

1. Splint with reversing slit
2. Hook & loop metatarsal strap
3. Foam side cushion
4. Metatarsal pad



**CAUTION: Not recommended for those with diabetes or poor circulation.**

### User instructions:

The **Medial Mid-foot Brace** can be worn in your shoe while walking. It is recommended to start with 20 minutes a day and increase gradually until you can wear the brace daily for 2-3 hours.

### How to apply the brace:

1. Loosen the metatarsal strap and slip your foot into the strap with the splint positioned against the inside of your arch (**Fig. II**).
2. Fasten to your foot by adjusting straps with equal tension around the mid-foot to prevent slippage (**Fig. III**). Adjust to comfort level.



3. Place the metatarsal pad in center of the underside of your foot, slightly below level of ball of foot (**Fig. IV**). The pad (**A**) should not extend beyond the line of the ball of foot (**B**) and should be comfortable while walking.



### Side effects:

There are no known side-effects when used properly. In the event of local pressure or circulatory disturbance, discontinue use and contact your healthcare professional.

### Contraindications:

Hypersensitivity and/or other allergic reactions are not known when used properly. In the case of the following conditions, consult a physician before wearing:

- skin diseases and injuries in the affected area of the body, especially with inflammatory manifestations, as well as excessive scarring and swelling, redness and heat or gout attack
- rheumatic diseases
- hypersensitivity to pressure
- polyneuropathy (circulatory and sensitivity disorders, caused by e.g. diabetes)
- disturbances of lymph outflow – including non-specific soft-tissue swelling which affects parts of the body at a distance from the device being applied.

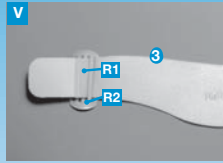
### Helpful information:

- **Medial Mid-foot Brace** can be worn in many shoes that are non-restricting, provide a wide opening towards the front of the shoe, and are a comfortable fit.
- **Medial Mid-foot Brace** should not be worn while swimming, on the beach, or in salt water. Salt and sand may cause damage to the splint.
- In order to avoid soiling, wear a sock over the splint and foot.
- In case of improper use, product liability is precluded.
- The product must not be altered. Only original parts may be used to ensure complete functionality and to uphold product liability.
- Returns are accepted within two weeks of purchase in original package. All parts must be included.

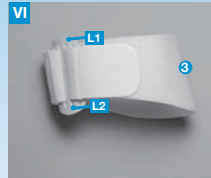
## INSTRUCTIONS FOR RE-ASSEMBLING THE BRACE

### Threading the metatarsal strap into the splint:

1. Place the splint and the metatarsal strap (3) in front of you as shown in **Fig.V**. The metatarsal strap is drawn from above through the reversing slit (**R1**) and then from below through the reversing slit (**R2**) (**Fig. V**) and fastened to the metatarsal strap (3) (**Fig. VI**).



2. The second end of the metatarsal strap (3) is drawn from above through the reversing slit (**L1**), fed back through the slit (**L2**) and then fastened to (3) (**Fig. VI**).



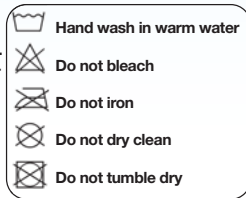
### Applying the foam side cushion:

The side cushion (**Fig. VII**), as delivered in the original package, is fastened securely to the splint. Should you fasten it yourself (e.g. after washing), the shape of the cushion fits the shape of the splint.



### Care instructions:

- Hand wash only. No fabric softener or bleach.
- Wash as an entire unit or in separate parts.
- Close straps before washing to avoid damage.
- Air dry only.
- Store in a dry place.



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**Medial Mid-foot Brace** is a quality-assured product. Should you have any questions, please contact us at [info@alphaorthotics.com](mailto:info@alphaorthotics.com) or one of our experts near you.

**Made in Germany**  
International patents pending

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