



ANKLETOUGH® BODY/LIMB ELASTIC EXERCISER

INSTRUCTIONS FOR USE

INTENDED USE:

AnkleTough® Rehab System is a system of tension straps and exercises designed as an aid to rehabilitate and strengthen injured ankles; most commonly sprained ankles.

The four AnkleTough® straps are of various degrees of resistance: LIGHT, MEDIUM, STRONG, and TOUGH.

These progressive resistive straps were designed by physicians to rehabilitate and strengthen the injured ankle, and/or to aid in the prevention of an ankle injury. By increasing muscle power, the risk of future ankle injuries can be significantly reduced.

Instructions for Use

1. **Select a strap with the degree of tension that feels most comfortable to you.**
2. **Slip the strap over each foot positioning the outer edge of the strap the base of the little toe.**
3. **Stabilize your knees with your hands to prevent them from swinging outward.**
4. **Horizontal Stretch:**
 - a. Keep your heels together and your feet flat on the floor.
 - b. Slide your forefoot as far apart as possible and hold for five seconds before returning to neutral.
 - c. Do three sets of ten reps twice daily.
5. **Vertical Stretch:**
 - a. With your knees together, lift one foot up and away from the other which remains fixed on the floor.
 - b. Do three sets of ten reps twice daily.
6. **Anterior Tibial Stretch:**
 - a. Push down with one foot and lift up with the other and keep the heels on the floor.
 - b. Perform sets with the knees straight and again with the knees flexed.
 - c. Do three sets of ten reps twice daily.
7. **Posterior Tibial Stretch:**
 - a. Cross your legs at the ankles and pull the feet away from one another to stretch.
 - b. Do three sets of ten reps twice daily.
8. **Double Stretch:**
 - a. Increase the tension without moving to the next tension strap by adding a second strap.
 - b. All exercises may be performed with dual tension straps.
 - c. Do three sets of ten reps twice daily.



Perform both STEP 4 and STEP 5 daily. Gradually increase the number of repetitions. Once you can complete three sets of ten repetitions twice daily, advance to the next level resistance strap and repeat the process, per the discretion of your healthcare provider.

2

Indications for Use of AnkeTough® Rehab System:

- AnkeTough® Rehab System is a system of tension straps and exercises designed as an aid to rehabilitate and strengthen injured ankles; most commonly sprained ankles.
- Single Patient - Multiple Use.

Contraindications: None

3

Cautions

- Do not use if torn or damaged.
- Use under the guidance of your healthcare provider.

4

Warnings

- Discontinue use if you experience any pain, compromise of the skin or skin break down, redness or other changes in skin color, abnormal swelling or numbness, or other issue while using AnkeTough®. Contact your healthcare provider immediately or go to your nearest emergency room for immediate care and attention.

5

Technical Data

Strap Type/Quantity:

- 1 strap of each Strength: Light, Medium, Strong, and Tough

Color/Size:

- White (Light) 1in x 8.7in (2.5cm x 22 cm)
- Yellow (Medium) 1in x 9in (2.5cm x 23cm)
- Red (Strong) 1in x 9.5in (2.5cm x 24cm)
- Blue (Tough) 1in x 9.9in (2.5cm x 25 cm)

GMDN Term:

- Body/Limb Elastic Exerciser-34181

Material:

- Polyester and Spandex
- Not made with natural rubber latex

Reference/Catalog Number:

- 20813727009809

Construction Features:

- Designed for stretching

Maintenance:

- The product does not require maintenance.

UDI-DI (Agency: HIBCC):

- G064208317270098090

6

Cleaning Instructions

- To hand wash: Use mild, non-bleach cleanser and warm water.



Manufactured by:
Walgreen Health Solutions, LLC
 1316 Sherman Avenue
 Evanston, IL 60201
 Phone: (847) 328-9540
 Email: info@walgreenhealthsolutions.com
 www.walgreenhealthsolutions.com
 Made in China



Consult Instructions for Use

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Not Made with Natural Latex



Unique Device Identifier



Medical Device



Catalog/Reference Number



Single Patient - Multiple Use



Lot/Batch Code



Caution or Warning



Date of Manufacture

Body/Limb Elastic Exerciser

ES	Ejercitador elástico para cuerpo
DE	Ganzkörper-Bewegungstherapiegerät, elastisch
DA	Elastisk kropstræningsapparat
FR	Appareil d'exercice élastique pour le corps
IT	Attrezzo elastico per esercizi del corpo
LT	Elastinis kūno treniruoklis
NL	Elastisch lichaams oefentoestel
NO	Treningsutstyr, smidighet
PL	Przyrząd do ćwiczeń ciała wykorzystujący opór elastyczny
PT	Dispositivo elástico para exercitar o corpo
PT-B	Dispositivo elástico para exercitar o corpo
RO	Aparat de exerciții corporale pe bază de elasticitate
SV	kroppsträningssredskap, elastiskt motstånd
SK	Pružný cvičebný stroj na telo/končatiny
SL	Pripomoček za telesno vadbo z elastiko
TL	
TR	Vücut/uzuv elastik egzersiz aleti



Caution

ES	Precaución
DE	Vorsicht
DA	Advarsel
FR	Attention
IT	Attenzione
LT	Įspėjimas
NL	Let op
NO	Forsiktighet
PL	Uwaga
PT	Cuidado
PT-B	Cuidado
RO	Atenție
SV	Försiktighet
SK	Opozorilo
SL	Upozornenie
TL	
TR	Dikkat

MD Medical Device

ES	Dispositivo médico
DE	Medizinprodukt
DA	Medicinsk udstyr
FR	Dispositif médical
IT	Dispositivo medico
LT	Medicininis prietaisas
NL	Medisch apparaat
NO	Medisinsk enhet
PL	Urządzenie medyczne
PT	Aparelho médico
PT-B	Aparelho médico
RO	Aparat medical
SV	Medicinsk utrustning
SK	Lekárska pomôcka
SL	Medicinski pripomoček
TL	Gamit Medikal
TR	Tıbbi cihaz



Latex-Free (Not Made with Natural Rubber Latex)

ES	Sin látex
DE	Latexfrei
DA	Latex fri
FR	Sans latex
IT	Senza latex
LT	Be latekso
NL	Latex vrij
NO	Uten latex
PL	Bez lateksu
PT	Látex grátis
PT-B	Sem látex
RO	Fără latex
SV	Latex fri
SK	Bez latexu
SL	Brez lateksa
TL	Walang Latex
TR	Lateks içermez



Single Patient - Multiple Use

ES	Paciente único - Uso múltiple
DE	Einzelpatient – Mehrfachverwendun
DA	Enkelt patient - flergangsbrug
FR	Patient unique - Usage multiple
IT	Singolo paziente - Uso multiplo
LT	Vienas pacientas – daugkartinis naudojimas
NL	Eén patiënt - meervoudig gebruik
NO	Enkeltpasient - Flerbruk
PL	Jeden pacjent — wiele zastosowań
PT	Paciente Único - Uso Múltiplo
PT-B	Paciente único - Uso múltiplo
RO	Pacient unic - Utilizare multiplă
SV	Enstaka patient - Flera användningsområden
SK	Jeden pacient – viacnásobné použitie
SL	En bolnik - večkratna uporaba
TL	bawat pasyente - ng iba
TR	Tek Hasta - Çoklu Kullanım



Unique Device Identifier

ES	Identificador de dispositivo único
DE	Eindeutige Geräteerkennung
DA	Unikt enheds Identifikator
FR	Identifiant unique de l'appareil
IT	Identificatore univoco del dispositivo
LT	Unikalus įrenginio identifikatorius
NL	Unieke apparaatindicator
NO	Unik enhetsidentifikator
PL	Unikalny identyfikator urządzenia
PT	Identificador Único de Dispositivo
PT-B	Indicador único de dispositivo
RO	Identificator unic de dispozitiv
SV	Unik enhetsidentifierare
SK	Jedinečný identifikátor zariadenia
SL	Edinstven indikator naprave
TL	Tulali banta identifier
TR	Benzersiz Cihaz Tanımlayıcı



Consult Instructions for Use

ES	Consultar instrucciones de uso
DE	Konsultieren Sie die Gebrauchsanweisung lesen
DA	Se brugsanvisningen
FR	Consulter les instructions d'utilisation
IT	Consultare le istruzioni per l'uso
LT	Pasikonsultuokite naudoti naudojimą instrukcijas
NL	Raadpleeg de instructies voor gebruik
NO	Kontakt instruksjonene for bruk
PL	Skonsultuj się z instrukcjami do użycia
PT	Consulte as instruções de uso
PT-B	Consulte as instruções de uso
RO	Consultați instrucțiunile de utilizare
SV	Konsultera bruksanvisningen
SK	Konzultujte pokyny na použitie
SL	Oglejte si navodila za uporabo
TL	Sasangguni tagubilin gamitin
TR	Kullanım için talimatlara danışın

LANGUAGES INDEX

ES	Spanish; ESPAÑOL
DE	German; DEUTSCH
DA	Danish; DANSK
FR	French; FRANÇAIS
IT	Italian; ITALIANO
LT	Lithuanian; LIETUVŲ KALBA
NL	Dutch
NO	Norwegian; NORSK
PL	Polish; POLSKI
PT	Portuguese; PORTUGUÊS (Portugal)
PT-B	Portuguese – Brazil; PORTUGUÊS – Brazil
RO	Romanian; ROMÂNĂ
SV	Swedish; SVENSKA
SK	Slovak; SLOVENSKÝ JAZYK (Slovenčina)
SL	Slovenian; SLOVENŠČINA
TL	Tagalog
TR	Turkish; TÜRKÇE