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Wear and Care Instructions for the Circaid Ankle Foot Wrap

Putting on the Wraps

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1. Start by putting on a sock, if you can. We don't want the wrap directly on your skin.
2. Undo the ankle strap along with the strap that goes across the middle of your foot.
3. Loosely connect the strap that would be closest to the toes, making a loop.
4. Slide your foot through the loop and position your heel in the heel cup of the wrap.
5. Wrap the middle strap around the middle of your foot and then wrap the top strap around your ankle. If you are wearing a leg wrap you can velcro this strap to the leg wrap. Go back and tighten the strap around your toes if it's loose.

HELPFUL TIP #1 - Over the course of the day, the wrap may loosen slightly so it's good practice to recheck the straps to ensure everything remains snug and supportive.

Removing the Wrap

To remove this wrap, undo the velcro straps and take the wrap off of your foot. Stick the velcro back to the wrap.

HELPFUL TIP #2 - Check your skin every day. If your skin has red spots that stay red for more than 15 minutes after you take off your wrap, stop wearing the wrap, take a picture of the red spot, and contact our office right away.

HELPFUL TIP #3 - Always wear shoes, slippers, or socks that have silicone dots on the bottom. The wrap is smooth and if you walk around with just the wrap on you are at a high risk of falling because they are slippery.

Cleaning Instructions

Hand wash this wrap with warm water and gentle soap. Rinse it well, and press out any extra water. Don't twist it to get extra water out. You can put this wrap in the washing machine in a garment bag on the gentle cycle if you prefer, but don't put it in the dryer. Avoid bleach or fabric softener, and lay it flat to dry. Make sure the wrap is fully dry before you use it again.

Wearing Schedule

Typically, these wraps are worn while you are up and awake and removed when you go to bed or are bathing. Your practitioner will instruct you on your specific schedule.