

Instructions:

Notes:

- For the right leg, start with the device across the top of the leg with the buckle on the outside of the leg
- For the left leg, start with the device across the top of the leg with the buckle on the inside of the leg

1. Place the top strap on top of the upper thigh and wrap it around your leg. *If in a sitting position, you may find it easier to start where the leg is hanging off the chair and slide the device up to the desired position.*

2. Fasten the strap by sliding the end through the buckle. Pull until the desired tightness is reached. The strap should be tight enough so that it provides a secure fit, but not too tight that it will be uncomfortable. The straps can be adjusted at anytime.
3. Take the middle strap and wrap it around the leg slightly above the knee. Fasten this strap in the same way as the other strap in step 2.
4. The last strap goes right above the ankle. If you are capable of bending, fasten the strap in the same manner as the other straps in steps 2 and 3.
5. If unable to bend, place your leg across your lap using the top handle of the device to lift your leg. Once across your lap, fasten the lower strap in the same way as the other straps in steps 2 and 3.

