



### TIPS FOR USING THE FREEDOM WALK BRACE, RIVET KIT, & BARE FOOT STRAP

1. **TIGHTEN** all shoes laces or straps very well. Take it slow in the beginning. The back of the ankle can become sore until you build up some strength in that area. Start off wearing for just a couple hours or less at a time. After a couple of weeks, I was able to wear them up to 12 hours at a time. Some people need a lot less time so it can vary depending on the individual. If it ever feels sore, remove as soon as possible to give the ankle time to rest. I also find that a crew sock folded over, making three layers of sock between the brace and the skin can help reduce soreness. The **TENSION** on the springs in a neutral sitting position should be around 1 ½ inches each. Try and keep the neutral tension under 2 inches to avoid the springs from stretching out beyond their limits
2. Try and hook to corresponding eyeholes in your shoes and adjust whole strap so that the tension on the springs are equal. If you are unable to maintain corresponding eyeholes for subtle adjustments, you can offset hooks by one eyehole, but make sure the tension on the springs are equal. Be aware of possible wear caused by the spring rubbing on the shoe.
3. You can make your own holes in leather, or similarly durable material, with an ice pick or something similar. The new design allows for better adjustability by allowing you to move the key ring to several chain link distances if you don't have enough tension.
4. Try the Rivet Kit for more options for the types of shoes you can use. You will need to punch a hole through the shoe or strap - a hole punch can be purchased at your local hardware store for about \$10 or use an ice pick or something similar. This can help create new "eye holes" (chain links) that will provide the proper spring tension needed and makes it easier to put on and remove. In addition, you will need a hammer and some pliers to install the Rivet Kit.
5. I left extra links of chain on the Bare-Foot Strap and you can remove the extra once you find your setting. I would suggest leaving an extra link so that you can grab it for easier on and off. I also wear the brace "upside down" so that the hooks point up instead of down like into eyeholes. This helps prevent you from getting scratched by the tips of the hooks.

Please let me know if you have any questions or fitting issues with the Brace or Bare Foot Strap or problems installing the Rivet Kit.

Sincerely,

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