

**Actimove® SPORT Ankle Stabilizer**  
**INSTRUCTIONS FOR USE**

**Cross-strap ankle stabilizer for after sport injuries or to prevent re-injury. Use for mild to moderate ankle sprains, sports injuries, and their prevention, as well as for cases of chronic ankle instability.**

**Medical device. For information on the risks, read the instructions for use below or ask your healthcare professional!**

Actimove® products are available from pharmacies or medical supply stores. To purchase the product medical prescription is not required.

**Instructions for use:**

Open the box and remove the product.

Open the hook-and-loop fasteners of the cross straps, then grasp the ankle stabilizer in a way that the Actimove® logo is on the upper, shin-facing part of the device.

Tuck in your heel in a way that the inner black fabric covers the back of your foot, leaving the heel exposed. Adjust the cross straps to the required size, ensuring that the stabilizer holds the ankle tightly.

The recommended period for wear varies but is usually for the duration of exercise or physical activity, i.e. from 30 to 180 minutes. In acute conditions, the ankle stabilizer can be worn all day.

Wearing the product at night and during rest periods is not recommended as excessive use may cause muscle weakness, the stabilising and retaining functions of the muscle may be impaired.

When worn for therapeutic purposes, please discuss the necessary usage period of the device with a healthcare professional.

The product packaging shall be disposed in the appropriate separate waste bin.

Washable at 40 °C.



**Contraindications:**

- Diseases associated with peripheral venous occlusion (phlebo-thrombosis, thrombo-phlebitis)
- Peripheral arterial circulatory disorders
- Venous inflammation caused by microorganisms (septic phlebitis)
- Skin diseases (dermatoses)
- Open wounds, any surface lesions with disruption of skin continuity, ulcers
- Advanced peripheral neuropathy due to nerve damage or degeneration in the extremities
- Intolerance to the material of the product

**Manufacturer:** BSN Medical GmbH, Germany, Schützenstrasse 1-3 22761 Hamburg

**Distributor (seller):** Essity Hungary Ltd. Budakeszi Road 51.1021 Budapest. Any unexpected occurrences related to the use of this device please report to BSN Medical GmbH BSN Medical GmbH, Schützenstrasse 1-3 22761 Hamburg, Germany or Essity Hungary Ltd, (Budakeszi Road 51. 1021 Budapest) or to the local competent authority (National Institute of Pharmacy and Food (OGYÉI), 1051 Budapest, Zrínyi str. 3, Tel.: (1) 8869-300, E-mail: amd.vig@ogyei.gov.hu, 1372 P.O. Box 450