

ACTIMOVE INSTRUCTIONS FOR USE

Actimove® Taloactive Lace-Up Ankle Support

Medical device, medical accessory.

Expiry date and size: see on the packaging.

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

Storage: at room temperature, protected from direct heat.

Distributed by Essity Hungary Ltd. Budakeszi Road 51. 1021 Budapest

Dear Customer,

Thank you for choosing Actimove® TaloActive Lace-Up Ankle Support. Actimove® TaloActive offers stability to the ankle joint in various situations, such as during the recovery from ankle injuries or post-surgery rehabilitation. If you need more gentle stabilization in the later stages of the rehabilitation or wish to prevent re-injury during daily activities, you can use the ankle support without the stabilizing straps. Additionally, two elastic straps enhance stability and maintain the proper positioning of the ankle. For optimal results, follow the instructions below for correct application and usage.

Indications:

The use of Actimove® TaloActive is recommended in the following cases:

- Ligament or capsule injury in the upper part of the ankle joint, such as ligament tear or strain, deformity, injuries to the syndesmotic ligaments
- Chronic ankle instability
- Mild soft tissue injuries
- Acute, chronic, and inflammatory edema

Contraindications:

Do not use the Actimove® TaloActive support if you have an unstable ankle fracture.

Application:

We recommend that the Actimove® TaloActive Lace-Up Ankle Support should initially be applied by a healthcare professional or qualified specialist to ensure optimal positioning and effective therapeutic support. Place the Actimove® TaloActive Lace-Up Ankle Support on your socked foot and wear it with athletic shoes or other lace-up footwear. It can be used on both the right and left ankle.

1. Loosen the laces of the ankle support. Grasp the upper part of the ankle support with both hands and pull it apart.
2. Place your two forefingers through the loops on either side of the upper part of the ankle support, then thread your ankle through the support.
3. Align the strap into position and use the lace to tighten the ankle support to the desired level of tightness.

4. To install the straps, cross the elastic straps over the top of the foot once, then cross the straps over the back of the ankle joint again, securing them to provide adequate circular support. Tighten the straps to the level of tightness required for the desired stability.

5. You can readjust the stabilising supports for the most comfortable position. Set up the supports along the inner material to achieve a comfortable position around the ankle bones (malleoli).

In the later stages of rehabilitation and for the prevention of recurrent injuries, you can also use the ankle support without removing the stabilizing supports. For easier handling turn the ankle support inside out. The original position of the removable supports is indicated by the black line. If you have any questions, please consult your medical professional.

If you need further information, please check out our video demonstrating the application of TaloActive: <https://www.youtube.com/watch?v=jS4ekwQ2dsU>

Cleaning and care:

During washing the support, please check if the straps are in a correct position.

We recommend leaving the removable supports in the fastener but you can also remove them if desired.

Wash at 40°C with a mild detergent.

Press out most of the water and air-dry completely before using it again. In order to prevent damage do not bleach, dry clean, tumble dry, put in the dryer or iron the Actimove® TaloActive fastener.

It is important to avoid applying ointments or any chemical substances directly to the fastener.

Precautions:

- Please follow the therapeutic recommendations of your treating physician.
- If you experience discomfort, numbness, changes in skin colour, or swelling during use, discontinue the use of Actimove® TaloActive Lace-Up Ankle Support and consult your medical professional.
- Store at room temperature, preferably in its original packaging.
- The product is designed for use by a particular patient, so we do not recommend sharing it with multiple individuals.

Features:

- Quick and easy-to-use fastening system

- Stabilizing supports: Easily removable and usable
- Ventilated, skin-friendly material
- Stabilization of the lace-up ankle support

Warning:

- Generally there is no side effects when wearing a device recommended by your medical practitioner and properly fitting.
- In case of existing sensory disorders, numbness may lead to circulatory problems due to compression at the pressure points.
- In such cases, always check the position of the product and the strength of the fastening.
- Improper application and fastening of the device may cause skin changes and impairment of arterial blood supply.
- If the symptoms are unchanged, consult your treating physician immediately.

Note

Please immediately report any serious and unexpected events related to the use of the device to BSN medical GmbH (BSN Medical GmbH, Germany, Schützenstrasse 1-3, 22761 Hamburg) or Essity Hungary Ltd. (Budakeszi Road 51. 1021 Budapest), as well as to the relevant local authorities (National Institute of Pharmacy and Nutrition - OGYÉI, 1051 Budapest 3 Zrínyi str. Budapest, Tel: (1) 8869-300, E-mail: amd.vig@ogyei.gov.hu, 1372 P.O. Box 450).



Closing date: July 22, 2022.