



McDavid A430B open thermal ankle support – Wrap around → Adjustable straps → Basic support

Neoprene (black)



Features:

- fully adjustable thermal ankle support with 2 orthopaedic elastic (figure 8) adjustable straps for graduated support
- lined both sides
- outer lining is made of heavy duty nylon for greater durability
- provides all the benefits of thermal compression together with added outer support layer
- protects and supports without restriction and fits left or right
- one size fits most

DVA RAP code **AR01**

Application:

- designed to provide mild soft tissue support & compression

NHA430B

Universal size



McDavid A438 thermal ankle wrap – Wrap around → Basic support

Neoprene (black, beige)



Features:

- one size thermal ankle wrap providing the benefits of heat & compression
- adjustable closures ensure an optimum fit & easy application & removal
- compresses and supports soft tissue while retaining therapeutic heat
- allows increased blood circulation
- fits easily into standard footwear
- lined both sides
- one size fits most

DVA RAP code **AR01**

Application:

- for sprained &/or strained muscles & ligaments

Black	Beige	Size
NHA438B	NHA438S	Universal size



Oppo 2101 elastic ankle wrap – Wrap around → Basic support

DVA RAP code **AR01**



Features:

- provides comfortable and uniform compression.
- made of unique extra-strength elastic and transverse nylon fibers for long-lasting, heavy-duty support.
- wrap may be pre-positioned for controlled compression.

Application:

- ankle sprain
- ankle fatigue

To Apply:

- insert foot into the starter loop and position the loop around the arch of foot.
- angle upward to wrap on complete turn around the lower ankle.
- continue wrapping in "figure eight" pattern.
- finish and fasten the hook closure.

OPP2101

Universal size



Body Assist 01A10 elastic ankle wrap with heel loop – Wrap around → Basic support

Elastic (black, beige)



Features:

- this one size elastic ankle wrap with loop anchor is simple to apply & very effective
- simply hook the loop anchor over the heel & start wrapping
- the adjustable touch tape closure assures a perfect fit and locks down anywhere over itself
- will not stick to skin
- pull hard & the strap locks rigid
- orthopaedic elastic that locks like tape
- fits easily into standard footwear

DVA RAP code **AR01**

Application:

- provides support & protection to painful, tired ankles

Black	Beige	Size
NH01A10B	NH01A10S	Universal size


Oppo 2401 silicon ankle wrap – Wrap around → Basic support

Elastic (beige)

DVA RAP code AR01

**Features:**

- provides localized support and compression, and avoids unnecessary compression to areas where it is not required.
- tension is fully adjustable to provide from light support to total compression
- cohesive fabric, causing no pain or irritation to the skin whilst in use, comfortable to wear and painless to remove
- 7.5cm width

Application:

- weak ankle
- ankle fatigue

To Apply:

- place wrap on foot and let the silicone side face to skin.
- wrap one complete turn around the arch of the foot
- angle upward to wrap on complete turn around the lower ankle
- continue wrapping in "figure eight" pattern
- finish and fasten the hook closure

OPP2401

Universal size


Oppo 1001 slip-on thermal ankle support – Pull on → Basic support

Neoprene (beige)

DVA RAP code AR01

**Features:**

- open toe and heel design allows full range of movement.
- relieves pain due to strains and stiffness.
- provides compression for weak or overstressed ankles.
- helps ankle heal faster following injury.

Application:

- chronic ankle sprain
- weak ankle
- muscle fatigue

Product Code	Size	cm
OPP1001S	S	15.6 – 20.6
OPP1001M	M	20.6 – 25.7
OPP1001L	L	25.7 – 30.8
OPP1001XL	XL	30.8 – 35.9

Measure circumference just above ankle bone.


Oppo 1003 slip-on thermal ankle support w/strap – Pull on → Adjustable straps → Basic support

Neoprene (beige)

DVA RAP code AR01

**Features:**

- removable surgical elastic strap allows adjustable compression and support for ankle joint.
- open toe and heel design allows full range of movement.
- relieves pain due to strains or stiffness.
- provides compression for weak or overstressed ankle.

Application:

- ankle sprain
- ankle instability
- recurrent ankle sprain

To Apply:

- loosen straps and insert foot into the support and position heel in the heel locking area.
- secure the upper two hook closures snugly.
- position the mid section of the surgical elastic strap under the sole.
- wrap one side of elastic strap diagonally across the top of foot and upward around the ankle joint.
- secure the hook closure on the side of the ankle support to desired compression.
- repeat step 4 and 5 to secure another side of elastic strap.

Product Code	Size	cm
OPP1003S	S	15.6 – 20.6
OPP1003M	M	20.6 – 25.7
OPP1003L	L	25.7 – 30.8
OPP1003XL	XL	30.8 – 35.9

Measure circumference just above ankle bone.


Oppo 1008 slip-on thermal ankle support – Pull on → Adjustable straps → Stabilising flexible stays

Neoprene (beige)

**Features:**

- open heel design allows for comfortable fit and applies less pressure on the sensitive Achilles tendon area
- detachable strap may be removed when additional compression is not needed
- flexible spiral springs act like tendons to reinforce the ankle
- provides comfortable compression for weak or over-stressed ankles
- relieves pain due to strains or stiffness

Application:

- mild ankle sprain
- ankle instability

DVA RAP code **AR01****To Apply:**

- loosen straps and insert foot into the support and position heel in the heel locking area
- the two stays should be on each side of ankle
- secure the upper two hook closures snugly
- position the mid section of the surgical elastic strap under the sole
- wrap one side of elastic strap diagonally across the top of foot and upward around the ankle joint
- secure the hook closure on the side of the ankle support to desired compression
- repeat step 5 and 6 to secure another side of elastic strap

Product Code	Size	cm
OPP1008S	S	15.6 – 20.6
OPP1008M	M	20.6 – 25.7
OPP1008L	L	25.7 – 30.8
OPP1008XL	XL	30.8 – 35.9

Measure circumference just above ankle bone.


McDavid A431 slip-on thermal ankle support – Pull on → Basic support

Neoprene (black)

**Features:**

- a general purpose slip-on neoprene ankle support
- provides all the benefits of thermal compression.

Application:

- mild support and compression

DVA RAP code **AR01**

Product Code	Size	Shoe size
NHA4311	S	37 - 40
NHA4312	M	40.5 - 42.5
NHA4313	L	43 - 45
NHA4314	XL	45.5 +

Fit by European shoe size.


McDavid A432 thermal ankle support w/straps – Pull on → Adjustable straps

Neoprene (black)

**Features:**

- Thermal slip-on ankle support with 2 orthopaedic elasticised (figure 8) adjustment straps for graduated support.
- Provides thermal compression with additional outer support.
- Lined both sides.
- Outer lining is made of heavy duty nylon for greater durability.
- Protects and supports without restriction
- Fits left or right.

Application:

- Designed to provide mild soft tissue support & compression

DVA RAP code **AR01**

Product Code	Size	Shoe size
NHA4321	S	37 - 40
NHA4322	M	40.5 - 42.5
NHA4323	L	43 - 45
NHA4324	XL	45.5 +

Fit by European shoe size.


Oppo 2004 slip-on adj elastic ankle support – Pull on → Basic support

Elastic (beige)

DVA RAP code AR01

**Features:**

- ideal for weak or unstable ankles, sprains, strains, or twisting injuries
- provides firm support to the ankle joint with gentle compression
- increases circulation to relieve pain, speed healing and maintain flexibility
- 35% cotton blend

Application:

- weak ankle
- ankle fatigue

Product Code	Size	cm
OPP2004S	S	15.6 – 21.0
OPP2004M	M	21.5 – 26.0
OPP2004L	L	26.5 – 31.0
OPP2004XL	XL	31.1 – 36.2

Measure circumference just above ankle bone


Oppo 2103 slip-on elastic fig-8 ankle brace – Pull on → Adjustable straps

Cotton (beige)

DVA RAP code AR01

**Features:**

- 85% cotton content
- adjustable strap maintains desired compression
- spiral design slips on easily and stays in place
- figure-eight construction for compression and pain relief
- excellent support for weak or injured ankle or arches
- suitable for a variety of ankle conditions

Application:

- mild ankle sprain
- weak ankle

To Apply:

- position the heel in the heel locking area and elastic strap on the foot
- cross elastic strap over foot and around heel of foot. Then, wrap elastic strap above ankle
- attach hook and loop closure on elastic strap snugly

Product Code	Size	cm
OPP2103S	S	17.8-20.3
OPP2103M	M	20.3-22.9
OPP2103L	L	22.9-25.4
OPP2103XL	XL	25.4-27.9

Measure circumference just above ankle bone


Oppo 2204 slip-on adj elastic ankle support – Pull on → Basic support

Elastic (beige)

DVA RAP code AR01

**Features:**

- provides support and relieves pain from strains and sprains.
- helps minimize further injury.

Application:

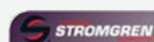
- muscle fatigue

To Apply:

- hold the top of brace using both hands, one on each side.
- insert foot into brace and pull up to the ankle.
- the heel should be in the heel locking area.

Product Code	Size	cm
OPP2204S	S	15.6 – 21.0
OPP2204M	M	21.5 – 26.0
OPP2204L	L	26.5 – 31.0

Measure circumference just above ankle bone


Stromgren S355 Stirrup lock ankle support – Pull on → Adjustable straps

Elastic (black, white)

DVA RAP code AR01

**Features:**

- designed to conform to the ankle anatomy like tape, without the pain.
- provides solid support incorporating two heel lock & two forefront lock straps.
- the straps extend until they are rigid, therefore achieving a taped ankle effect without tape.
- the support is locked using Velcro closure enabling easy adjustment.
- restricts inversion & eversion injuries.
- no break-in time needed.
- not bulky in a shoe & washable.

Application:

- achieves excellent results in supporting the achilles tendon.

Black	White	Size	Shoe size
NHS355B1	NHS355W1	S	37 - 40
NHS355B2	NHS355W2	M	40.5 - 42.5
NHS355B3	NHS355W3	L	43 - 45
NHS355B4	NHS355W4	XL	45.5 +

Fit according to shoe size (European metric)


McDavid A433 dual strap ankle support – Pull on → Adjustable straps

Elastic (white)

DVA RAP code AR01

**Features:**

- a lightweight, breathable, pull on elastic anklet.
- 2 orthopaedic elastic (figure 8) adjustable Velcro straps. for graduated support.
- not bulky in a shoe.
- available in white only.

Application:

- designed to provide mild soft tissue support & compression.

Product Code	Size	Shoe size
NHA4331	S	37 - 40
NHA4332	M	40.5 - 42.5
NHA4333	L	43 - 45
NHA4334	XL	45.5 +

Fit according to shoe size (European metric)


Body Assist 300 elastic ankle brace – Pull on → Basic support

Elastic (beige)

DVA RAP code AR01

**Features:**

- a general purpose adjustable spiral lift elastic ankle brace
- provides low level orthopaedic support & protection to painful, tired ankles.
- includes an adjustable closure to assist in simple application & allows variation to compression levels.
- retains some body warmth & can increase blood circulation.
- fits easily into standard footwear.

Application:

- ideal as a support for sprained & strained muscles & ligaments.

Product Code	Size	cm
NH3001	S	To 45
NH3002	M	45-50
NH3003	L	50-55
NH3004	XL	55 +

Measure figure.8 circumference per illustration

**Body Assist 310 slip-on ankle support – Pull on → Basic support****DVA RAP code** AR01

Elastic (beige)

**Features:**

- a general purpose spiral lift elastic ankle brace
- provides low level orthopaedic support & protection to painful, tired ankles.
- retains some body warmth & can increase blood circulation.
- fits easily into standard footwear.

Application:

- ideal as a support for sprained & strained muscles & ligaments.

Product Code	Size	cm
NH3101	S	To 45
NH3102	M	45-50
NH3103	L	50-55
NH3104	XL	55 +

Measure figure.8 circumference per illustration

**Body Assist 35 slip-on basic ankle – Pull on → Basic support****DVA RAP code** AR01

Elastic (beige, white)

**Features:**

- a general purpose, tubular design support.
- provides low level support & some protection to painful, tired ankles.
- retains body warmth & can increase blood circulation around the ankle.
- fits easily into standard footwear.
- available in White or Beige.

Application:

- muscle fatigue

White	Beige	Size	cm
NH3501	NH35B1	S	To 45
NH3502	NH35B2	M	45-50
NH3503	NH35B3	L	50-55
NH3504	NH35B4	XL	55 +

Measure figure-8 circumference per illustration

**McDavid A511 slip-on elastic ankle support – Pull on → Basic support****DVA RAP code** AR01

Elastic (black)

**Features:**

- tight weave basic tubular support.
- provides low level support & delivers protection to painful, tired ankles.
- retains some body warmth & can increase blood circulation.
- fits easily into standard footwear.
- no break-in time needed.

Application:

- for sprained &/or strained muscles & ligaments.

Product Code	Size	Shoe size
NHA5111	S	37 - 40
NHA5112	M	40.5 - 42.5
NHA5113	L	43 - 45
NHA5114	XL	45.5 +

Fit according to shoe size (European metric)

Air Lite 4009 ankle brace – Wrap around → Adjustable straps

(white)

DVA RAP code AR01**Features:**

- two rigid plastic shells have dual air layers over cushioning foam.
- air is allowed to flow within the air bladder to help reduce swelling.
- heel strap is adjustable to fit a range of sizes, and two adjustable swivel straps ensure proper placement each time.
- limits inversion/eversion while permitting near-normal flexion.
- the brace designed for active people resuming activity from an acute ankle sprain.

Application:

- ankle swelling/ pain
- acute ankle sprain

To Apply:

- loosen the hook and loop straps from the ankle brace.
- position the medial and lateral malleolus of the ankle joint in the malleolus area of the support.
- wrap and secure the hook and loop straps around the ankle brace to desired compression.
- to ensure optimum performance and support, tighten the sole-strap of the ankle brace while seated with the foot flat on the floor. Pull both straps up firmly, then press strap fasteners against the hard-shells to secure.

Product Code	Size	Shoe size
OPP4009M	M	40-41
OPP4009L	L	42-44

Fit according to shoe size (European metric)



Oppo 4106 ankle brace w/strap – Lace up → Stabilising flexible stays (black)

DVA RAP code AR01



Features:

- open heel allows for snug, comfortable fit.
- non-stretch nylon "figure 8" straps provide superior support for maximum protection.
- easy lace-up application eliminates tedious taping.
- flexible spring stays offer additional support without restricting movement.
- helps prevent inversion and eversion and controls rotational sprains.
- recommended to wear with socks.
- may be used for left or right foot.

Application:

- moderate ankle sprain
- ankle instability

To Apply

- position heel in the heel locking area of the ankle support.
- lace the ankle support snugly with straps.

- wrap lateral stabilizing strap under the heel and attach the hook and loop closure end of strap to the side of the support.
- repeat steps 2 and 3 for the medial stabilizing strap.
- to ensure optimum performance and support, tighten the stabilizing straps from a seated position with the foot flat on the floor. Use the finger loops at the strap ends to free the strap from the hook and loop closure on the side of the boot. Pull up firmly on both straps, then press straps against boot to secure.
- fasten the elastic strap to tighten.

Product Code	Size	Shoe size
OPP4106S	S	40-42
OPP4106M	M	43-45
OPP4106L	L	46-48
OPP4106XL	XL	49-51

Sizing by European shoe size.



Oppo 4005 Total stability ankle brace – Lace up → Stabilising flexible stays Nylon (black)

DVA RAP code AR01



Features:

- unique heel-lock strapping system
- non-stretch figure-8 straps provide firm stability to an injured ankle, preventing inversion and eversion sprains.
- removable bilateral plastic splints for additional support
- padded heel and tongue fabric is durable and provides added comfort.
- easy lace-up application eliminates tedious taping

Application:

- moderate ankle sprain
- ankle instability

Product Code	Size	Shoe size
OPP4005XS	XS	36-39
OPP4005S	S	40-42
OPP4005M	M	43-45
OPP4005L	L	46-48
OPP4005XL	XL	49-51
OPP4005XXL	XXL	52+

Sizing by European shoe size.



McDavid A101 ankle guard – Lace up → Stabilising flexible stays (black, white)

DVA RAP code AR01



Features:

- suitable for those returning from injury or requiring on-going support.
- medical inserts can be removed if desired, although in place they provide additional support & protection.
- replaces costly tape & supports sprained or weak ankles.
- sewn in spring steel medical stays & an elastic heel inset for achilles tendon support.
- notched front allows more free plantar & dorsi flexion.
- unique lining wicks perspiration
- fits right or left foot & fully washable.

Black	White	Size	Shoe size
NHA101BX	NHA101WX	XXS	To 37
NHA101B0	NHA101W0	XS	37.5-38.5
NHA101B1	NHA101W1	S	39-40
NHA101B2	NHA101W2	M	40.5-42.5
NHA101B3	NHA101W3	L	43-45
NHA101B4	NHA101W4	XL	45.5 +

Fit according to shoe size (European metric)



McDavid A195 ultralight ankle brace - Lace up → Adjustable straps (black, white)

DVA RAP code AR01



Features:

- ultra light nylon laceup with fully adjustable figure-8 straps.
- conforms to & supports sprained or weak ankles.
- stirrup straps restrict inversion & eversion injury & simulate costly tape.
- straps fully adjustable without removing shoes or re-lacing.
- elastic heel delivers Achilles tendon support.
- notched front allows more free plantar & dorsi flexion.
- medically proven to be superior to tape.
- padded lining wicks perspiration away
- not bulky in a shoe & fits right or left foot.
- features sewn in arch, & padded lining.

Black	White	Size	Shoe size
NHA195B0	NHA195W0	XS	37.5-38.5
NHA195B1	NHA195W1	S	39-40
NHA195B2	NHA195W2	M	40.5-42.5
NHA195B3	NHA195W3	L	43-45
NHA195B4	NHA195W4	XL	45.5 +

Fit according to shoe size (European metric)



McDavid A199 lightweight laced ankle brace - Lace up → Stabilising flexible stays

(black, white)

DVA RAP code AR01



Features:

- this lightweight version of a laced ankle brace is equally designed to conform to the ankle anatomy & to restrict inversion & eversion (rolling of the ankle).
- includes sewn in spring steel medical stays & consists of two layers of vinyl/nylon material.
- elastic heel achieves excellent results in supporting the achilles tendon.
- notched front allows more free plantar & dorsi flexion movement.
- unique lining wicks perspiration away
- not bulky in a shoe.

Black	White	Size	Shoe size
NHA199B0	NHA199W0	XS	37.5-38.5
NHA199B1	NHA199W1	S	39-40
NHA199B2	NHA199W2	M	40.5-42.5
NHA199B3	NHA199W3	L	43-45
NHA199B4	NHA199W4	XL	45.5 +

Fit according to shoe size (European metric)



McDavid A189 Ankle-X hinged ankle brace - Wrap around → Hinged

Neoprene (black)

DVA RAP code AR01



Features:

- ankle brace that offers a high level of protection & comfort for athletes of all ages.
- consists of a neoprene sleeve worn inside the rigid component.
- makes this brace very comfortable.
- pivot Hinges.
- lightweight.
- manoeuvrability not restricted.
- very effective for high ankle sprains.

Product Code	Size	Shoe size
NHA189R1	M	41-44
NHA189R3	L/XL	45 +

Fit according to shoe size (European metric)



McDavid A188G Ultra graphite hinged ankle - Wrap around → Hinged

(black)

DVA RAP code AR01



Features:

- ankle support taken to a new level.
- made to the highest professional quality, this hinged ankle brace is designed to treat all ankle injuries (including high ankle sprains).
- engineered to reduce excessive inversion, eversion and rotation ankle injuries.
- fully padded & very quick to apply (no laces).
- wear comfortably with most styles of shoes.

- ideal for rehab or as injury prevention.
- works well with foot beds & orthotics.
- universal fitting for Left or Right.

Product Code	Size	Shoe size
NHA188G1	S	To 40
NHA188G2	M	41-44
NHA188G3	L	45 +

Fit according to shoe size (European metric)



Oppo 1205 Ankle guard '3' - Pull on → Hinged

Coolprene (black)

DVA RAP code AR01



Features:

- reinforced exoskeleton is designed to fit ankle and foot contour, and axis of subtalar joint. It stabilizes the ankle in case of ankle sprain or ankle joint instability, and provides stable support from the distal tibia and fibula bone to the ankle during impact and sudden twist and prevents injury when running or jumping.
- plastic exoskeleton worn inside shoes controls the motion of plantarflexion during daily activity.
- biomechanical design centralizes compression to maintain ankle in an ideal position during walking and running, to reduce the possibility of ankle sprain, or the severity of ankle injury as a result of heel instability.

Application:

- acute ankle strain and sprain
- ankle instability
- recurrent ankle strain/ sprain

To Apply:

- slip foot through the brace.
- fasten the upper strap along the edge of the brace.
- secure the lower strap. Put on the Plastic exoskeleton component and make sure the U shaped plastic is in vertical position.
- straighten the upper parts and adjust the pivot points to be in line with the ankle bones.
- put on the loop closure and fasten the upper part. Then put on your shoes

Product Code	Size	cm
OPP1205S	S	15.6 - 20.6
OPP1205M	M	20.6 - 25.7
OPP1205L	L	25.7 - 30.8
OPP1205XL	XL	30.8 - 35.9

Measure circumference just above ankle bone.