The ASO® Ankle Brace

The Ankle Stabilizing Orthosis (ASO®) is a patented ankle brace designed for preventing and treating ankle injuries. The ASO® has long been the preferred choice of ankle bracing by orthopedic surgeons, athletic trainers, sports medicine specialist and athletes, the unique patented design provides stabilization of the ankle joint in a comfortable ballistic nylon brace. The two stabilizing straps mimic the figure eight maneuver of taping, while providing increased support. Most importantly the ASO® can be worn comfortably in all types of athletic and casual shoes.

The ASO® Outperforms Tape in Recent Injury Study
Monte Hunter MD.

Article from Orthopedics Today
Research performed at Wake Forest University

This prospective study compared the effectiveness of ankle taping versus ankle stabilizing braces (ASO®) in the prevention of ankle injuries in a Division I football team 1988-1995. This study included all practices and game exposures over the same years. All players were required to wear either the ASO® or tape as a form of prevention. During the eight-year study, players participated in practices and games that accounted for 77,945 potential exposures to injury. The results are outlined below.

- Taped players were 2.4 times more likely to sprain their ankle during practice than ASO braced players.
- Taped Players were 3.1 times more likely to sprain their ankle during a game than ASO braced players.
- Players that were ASO braced returned to full participation two days sooner than the taped players.

WHO IS USING THE ASO®

DUKE
NORTH CAROLINA
KENTUCKY
OHIO STATE
 TENNESSEE
UCLA
KANSAS
MICHIGAN
CLEMSON
PERFORMANCE IS NOT AFFECTED

Kimberly A Capell PT, ATC

Abstract from unpublished Masters' thesis

The purpose of this thesis was to compare the ASO® ankle brace with the AirCast sports stirrup on three performance tests. 18 volunteers with no history of lower extremity injury within the past six months were the subjects for the study.

All Subjects underwent systematic variation of the testing order and brace usage.

- The results indicate that ankle bracing did not have a statistically significant effect on functional performance times.
- 66.7 percent of the subjects preferred the ASO® for comfort.
- 61.1 percent of the subjects favored the ASO® with respect to perceived support.

WHAT THE EXPERTS ARE SAYING:

"In my 26 years as a certified head athletic trainer, I have come to appreciate both time management and budgetary concerns. The ASO is a viable alternative to traditional ankle taping, offering maximum protection to your patients and athletes. Protection, performance, comfort, durability and superior construction are all attributes of the ASO. Without question, my choice for ankle prophylaxis is the ASO."

Steve Yates
Former Head Athletic Trainer
Wake Forest Univ.

COSTS

<table>
<thead>
<tr>
<th>Description</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>The total annual cost for ankle related use of athletic tape equals</td>
<td>$13,040</td>
</tr>
<tr>
<td>Annual ASO® Ankle Stabilizer cost</td>
<td>$2,295</td>
</tr>
</tbody>
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($261 / athlete)

($46 / athlete)

THIS EQUALS AN 82% SAVINGS

If your tape budget is currently $2,000 that would allow you to tape 7.66 players everyday for the season. Conversely, $2,000 spent on braces would provide better support and allow you to brace 43.57 players for the season.

TIME

Using braces, frees up 100% of the time required by either the athletic trainer or coaches to tape the players. The athletes can brace themselves anytime, anywhere.

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