

RANGE OF MOTION – HINGE ADJUSTMENT

The brace is shipped with a 0° hinge extension stop installed. Additional extension (EXT) and flexion (FLEX) stops are included with each brace, as well as the tools required to change the stops.

When changing FLEX or EXT stops, be sure that the screws are tightened securely and that both medial and lateral hinge stops are identical. The following EXT & FLEX stops are included:

EXT: 0°, 10°, 20°, 30°, 40°

FLEX: 45°, 60°, 75°, 90°, LOCKOUT

ADJUSTING FLEX & EXT STOPS

1. REMOVING CONDYLE PAD

Remove the condyle pads by detaching them from the inside of the hinge.

2. REMOVE SCREW

Remove the EXT stop screw by using the Allen wrench provided (turn counter-clockwise to remove). Remove the pre-installed 0° EXT stop.

3. INSTALL STOP & REPLACE SCREW

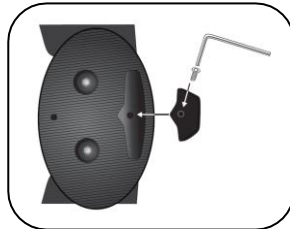
Choose the proper EXT or FLEX stop and screw into place as illustrated below. NOTE: The FLEX stop must be inserted between the hinge plates.

IMPORTANT: Replace the medial and lateral hinge with the same degree EXT or FLEX stops. Do not over-tighten screws.

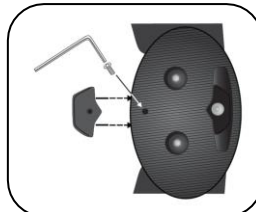
4. **NOTE:** A Lockout Stop is included and can be used in combination with the 0° EXT Stop to immobilize the knee.



Condyle Pad Removal



EXT Stop Adjustment



FLEX Stop Adjustment



Lockout Stop

BRACE CARE

Liners and pads must be removed and cleaned regularly depending upon your activity level and perspiration.

All liners and pads are held in place by hook fasteners and can easily be removed from the frames, hinges and straps. Wipe or HAND WASH with a MILD anti-bacterial soap, rinse well, then AIR DRY. Replace and position properly by pressing firmly against the fasteners.

CLEANING HINGES

The hinges on your brace are pre-lubricated. If sand, dirt or water gets inside the hinges, they may require cleaning and lubrication. Remove the condyle pad, open the hinge screws with the provided Allen wrench, and clean the hinge thoroughly and re-lubricate with any common synthetic lubricant (grease) from a hardware store. Check that the hinge is gliding smoothly and reassemble.

PARTS, SERVICE, & WARRANTY

Straps, liners and other comfort pads may need to be replaced due to normal wear and tear. If your brace requires replacement parts, you should contact the professional who assisted you in ordering and fitting the brace.

Under normal use and conditions, the frames and hinges on your brace are covered by a one year warranty against defects in craftsmanship and breaking. Straps, liners and other comfort pads are backed by a six month warranty.

U.S. Patent No: Patent Pending

PART NUMBERS: 300941-XX; 300942-XX, 300943-30.

-XX	-01	-03	-05	-07	-08
	XS	SM	MD	LG	XL

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Brace
Fitting
Instructions

WARNING: CAREFULLY READ FITTING INSTRUCTIONS AND WARNINGS PRIOR TO USE. TO ENSURE PROPER PERFORMANCE OF THE BRACE, FOLLOW ALL INSTRUCTIONS. FAILURE TO PROPERLY POSITION THE BRACE AND FASTEN EACH STRAP WILL COMPROMISE PERFORMANCE AND COMFORT.

WARNING: IF YOU EXPERIENCE INCREASED PAIN, SWELLING, SKIN IRRITATION, OR ANY ADVERSE REACTIONS WHILE USING THIS PRODUCT, IMMEDIATELY CONSULT YOUR MEDICAL PROFESSIONAL.

WARNING: THIS DEVICE WILL NOT PREVENT OR REDUCE ALL INJURIES. PROPER REHABILITATION AND ACTIVITY MODIFICATION ARE ALSO AN ESSENTIAL PART OF A SAFE TREATMENT PROGRAM. CONSULT YOUR LICENSED HEALTH CARE PROFESSIONAL REGARDING SAFE AND APPROPRIATE ACTIVITY LEVEL WHILE WEARING THIS DEVICE.

CAUTION: CARE AND CLEANING OF THIS PRODUCT IS ESSENTIAL TO ITS CONTINUING STRENGTH AND PERFORMANCE. FOLLOW REMOVAL AND CLEANING PROCESS DESCRIBED IN INSTRUCTIONS.

CAUTION: FOR SINGLE PATIENT USE ONLY.

CAUTION: THIS BRACE IS INTENDED TO INCREASE SUPPORT AND PROPRICEPTION ON A PREVIOUSLY INJURED OR HEALING KNEE.

INDICATIONS: ACL/PCL Deficiencies; ACL/PCL reconstructions; Collateral ligament deficiencies; Collateral ligament deficiencies with PCL involvement; MCL and/or LCL sprains; Hyperextension. This product was designed to complement the variety of medical treatments common to the above afflictions. The frequency and duration of use should be determined by your prescribing healthcare professional.

APPLICATION INSTRUCTIONS



A: UNFASTEN BUCKLES

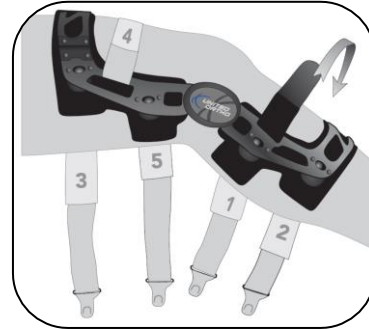
Release four of the six straps by depressing the Quick Release Buttons on the medial frame. Loosen strap #4 by releasing the hook/loop strap tab.

The Tibia Strap should not be released except for the initial fitting.



B: POSITION THE BRACE

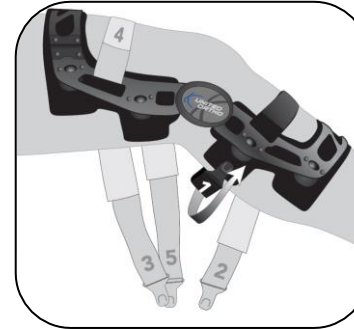
Sit with the knee bent at a 30° angle and slide the brace onto the leg. Position the brace so that the center of the hinge aligns with the top of the patella.



C: TIBIA STRAP

Tibia Strap should only be adjusted at initial fitting. Patient should not readjust.

Unfasten hook/loop on the Tibia Strap and tighten so that the center of hinges line up with the medial and lateral condyles of the knee.



D: STRAP #1

Release the hook/loop fastener and then engage the Strap Tab into the Quick Release Buckle.

Ensure that Strap #1 is positioned above the calf. Pull hook/loop strap end until a snug fit is achieved, then refasten.



E: STRAPS #2 – Strap #5

Attach Quick Release Buckles and Tighten Strap #2 – Strap #5 in the correct order as described in Step D.

Note: Strap #4 does not have a Quick Release Buckle. Tighten Strap #4 until snug and refasten.



F: FINAL CHECK

Stand up with the leg in full extension and check to ensure the center of the hinges aligns with the top of the patella.

Readjust straps as needed to ensure a snug fit.

IMPORTANT: STRAP ORDER



FOLLOW CORRECT STRAP ORDER

All straps are numbered in numerical order, with the exception of the Tibia strap (which is not labeled). It is important to apply the brace according to the numerical order to ensure optimal protection and fit.

PRODUCT DIAGRAM



1. Strap #1
2. Strap #2
3. Strap #3
4. Strap #4
5. Strap #5
6. Tibia Strap
7. Strap End
8. Quick Release Buckle
9. Condyle Pad
10. Strap Pad
11. Tail End
12. Calf Cuff

FITTING TIPS



CONDYLE PAD

The medial and lateral condyle pads should make full contact with the knee. In case of a gap or irregular fitting between the medial or lateral side, use the extra 5mm or 15mm condyle pads provided to achieve a perfect fit for both sides (10mm condyle pads are installed).



ADJUSTING PAD LENGTH

For optimal fit and comfort, ensure Strap Pads are centered on the leg when straps are tightened. If a Strap Pad is too long, remove the pad from strap and trim excess with scissors.



ADJUSTING STRAP LENGTH

To adjust the length of a strap, depress the Quick Release Button. With the strap laid flat, detach the **tail end** of the strap. Adjust the length as necessary and reattach the **tail end** to the strap.