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 counterclockwise 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.

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: 300741-XX; 300742-XX, 300743-30.

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

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PN PL0014 REV A 0813
**APPLICATION INSTRUCTIONS**

**A: UNFASTEN BUCKLES**
Release four of the five straps by depressing the Quick Release Buttons on the medial frame. Strap #5 does not have a Quick Release Buckle; loosen Strap #5.

**B: STEP THRU & POSITION**
Sit with the knee bent between a 30°-45° angle and step thru the brace. Position the brace so that the center of the hinge aligns with the top of the patella.

**C: STRAPS #1 & #2**
Engage Strap #1 by inserting the Strap Tab into the Quick Release Buckle. Tighten Strap #1 by lifting the Strap End and pulling until snug, then refasten. Follow the same steps for Strap #2.

**D: STRAP #3**
Engage Strap #3 by inserting the Strap Tab into the Quick Release Buckle. Tightening Strap #3 will cause the hinges to be pulled toward the back of the knee. When the centers of the hinges are approximately 5° behind the centers of the condyles, refasten the Strap End.

**E: STRAP #4**
Insert Strap #4 into the Quick Release Buckle. Tighten until the centers of the hinges align with the centers of the condyles. Do not pull beyond midline of the leg.

**F: STRAP #5**
Strap #5 does not have a Quick Release Buckle. Tighten Strap #5 until snug. Strap #5 should only be adjusted once during initial fitting. Patient should not adjust once it has been set by fitter.

**G: FINAL CHECK**
Stand up with the leg in full extension and check to ensure the center of the hinges aligns with the center of the patella. Straps should be retightened during activities to ensure a snug fit.

**PRODUCT DIAGRAM**

<table>
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<tr>
<th>Strap Order</th>
<th>Diagram</th>
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<td>#1</td>
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**FITTING TIPS**

**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.

**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.

**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).

**INDICATIONS:**
- ACL, ACL/PCL Deficiencies; ACL, ACL/PCL reconstructions;
- Collateral ligament deficiencies; Collateral ligament deficiencies with ACL 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.

**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.
- IF YOU EXPERIENCE INCREASED PAIN, SWELLING, SKIN IRRITATION, OR ANY ADVERSE REACTIONS WHILE USING THIS PRODUCT, IMMEDIATELY CONSULT YOUR MEDICAL PROFESSIONAL.
- 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.
- FOR SINGLE PATIENT USE ONLY.
- THIS BRACE IS INTENDED TO INCREASE SUPPORT AND PROPRIOCEPTION ON A PREVIOUSLY INJURED OR HEALING KNEE.

**IMPORTANT: STRAP ORDER**
All straps are numbered in numerical order (with the exception of Strap #5 which is not labeled). It is important to apply the brace according to the numerical order to ensure optimal protection and fit.

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**FUNCTIONALITY:**
- Strap #1: Provides support and protection to the knee joint.
- Strap #2: Helps to stabilize the ACL (Anterior Cruciate Ligament).
- Strap #3: Offers additional support and protection to the MCL (Medial Collateral Ligament).
- Strap #4: Assists in providing stability to the PCL (Posterior Cruciate Ligament).
- Strap #5: Does not have a Quick Release Buckle, so it is loosened during fitting.

**ADJUSTMENT TIPS:**
- Ensure all straps are properly adjusted and snug.
- Check for proper fit and comfort by bending the knee and ensuring the brace does not restrict movement.
- Consult with a healthcare professional for guidance on proper adjustment and use.

**RECOMMENDATIONS:**
- Wear the brace for at least 4-6 hours per day, as recommended by healthcare professionals.
- Remove the brace for activities that may cause additional stress on the knee or for sleeping.

**CAUTIONS:**
- Do not use the brace if you experience increased pain, swelling, skin irritation, or any adverse reactions.
- Consult with a healthcare professional before resuming any physical activities.

**ADDITIONAL INFORMATION:**
- The product is designed for single patient use only.
- Follow removal and cleaning instructions provided in the product manual.
- This brace is intended to increase support and proprioception on a previously injured or healing knee.