



# HINGED KNEE BRACE, SHORT

## INSTRUCTIONS FOR USE

Single Patient Use Only

**BEFORE USING THIS DEVICE, PLEASE READ THE FOLLOWING INSTRUCTIONS COMPLETELY AND CAREFULLY. CORRECT APPLICATION IS VITAL TO THE PROPER FUNCTIONING OF THE DEVICE.**

**INTENDED USE:**

- Mild to moderate ACL and/or PCL, MCL and LCL instabilities
- Meniscal injuries
- Mild OA

**WARNINGS & PRECAUTIONS:**

If you experience any pain, swelling, sensation changes, or any unusual reactions while using this product, consult your medical professional immediately.

**CLEANING INSTRUCTIONS:**

1. Separate the hinges from the brace sleeve.
2. Clean material with water and a mild cleanser.
3. Lay flat and air dry ONLY.

**WARRANTY:**

Manufacturer guarantees all products to be free from defects in materials and workmanship for a period of 6 months from date of purchase.

**CAUTION:**

Federal Law (U.S.A.) restricts this device to sale by or on the order of a licensed Health Care Professional.

**PART NUMBER:** 300120-XX; 300130-XX; 300150-XX; 300160-XX.

-XX	Size	Circumference 6" above mid patella
-01	XS	13.00" - 15.50"
-03	SM	15.50" - 18.00"
-05	MD	18.00" - 20.50"
-07	LG	20.50" - 23.00"
-08	XL	23.00" - 26.00"
-09	2XL	26.00" - 29.00"

**Adjusting the Range of Motion – Hinge Adjustment**

*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°, 50°  
 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).
- 3. INSTALL STOP & REPLACE SCREW**  
Choose the proper EXT or FLEX stop and screw into place.

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.**

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

**APPLICATION INSTRUCTIONS**

1. Loosen all the straps on the brace.
2. While sitting or standing, slide your foot through the top of the brace and pull the brace up the leg until the patella is centered in the patella cutout.
3. Tension the strap below the patella and fasten securely. Repeat with the strap above the patella.
4. Walk around. Adjust the strap tension as needed. Ensure that the patella is centered.



**Patella Buttress**

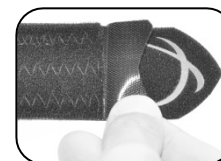
If your brace comes with an adjustable patella buttress, position the buttress in the desired position on the inside of the brace and fasten securely. Apply brace as described above.



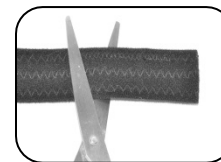
**Adjusting the Strap Length**

*The length of the straps may be adjusted if they are too long.*

Remove the "alligator tab" from the end of the strap by peeling the hook and loop fastener.



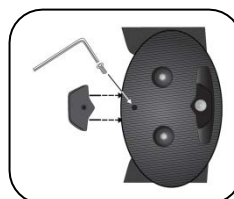
Using scissors, cut the strap to the desired length and reattach the "alligator tab" to the end of the strap. Apply brace as described above.



Condyle Pad Removal



EXT Stop Adjustment



FLEX Stop Adjustment



Lockout Stop

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