

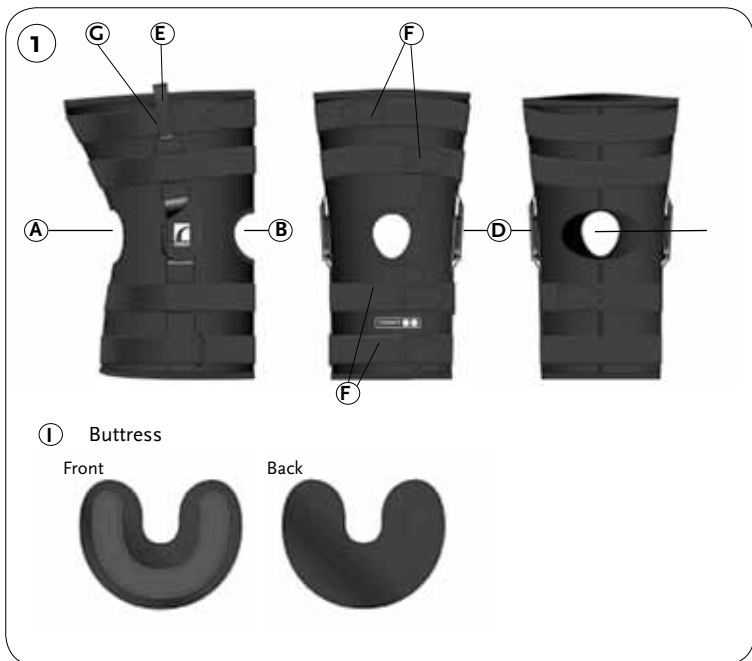
Instructions for use

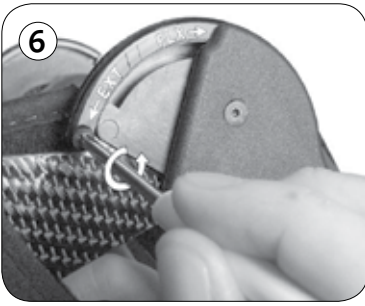


Form Fit®
ROM Knee Brace



Life Without Limitations®





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CAUTION:

Before application, confirm all product components are included and undamaged. If any parts are missing or damaged, please contact your local Ossur Customer Service Representative. Contact information can be found on the back of this document.

Components: (Figure 1)

- A. Neoprene softgood (sleeve or wrap; wrap shown)
- B. Patella opening
- C. Open or closed popliteal (open shown)
- D. ROM Hinges (2)
- E. Pull tabs (2)
- F. Straps (4 on long version; 2 on short version; long shown)
- G. Blue Strap Tab
- H. Flex/Ext stops, screwdriver (1 bag) (not shown)
- I. Universal patella buttress (sleeve version only)

Indications:

Mild to moderate ACL and/or PCL, MCL and LCL instabilities, sprains and strains

Application:

NOTE: For best results: i) When contouring hinge arms, remove hinges from softgood and bend hinge arms as desired. Re-apply hinges to softgood before application ensuring the hinge arms are completely seated within the hinge pockets and the hinge condyle is secured to the softgood.; ii) Adjust patella as necessary before application. It can be trimmed or removed as appropriate.

Application of Brace:

- a. **Sleeve version:** Loosen straps and, using the pull-tabs, pull softgood up over the knee so that the patella opening is centered over the patella. (Figure 2)
 - b. **Wrap-around version:** Unfasten straps and place the open softgood behind the knee. Wrap the softgood around the leg (lower portion first) and fasten firmly with the contact closures. The patella opening should be centered over the patella. (Figure 3)
1. **Fasten Straps:** Fasten the straps in the order shown. The order is the same for both sleeve and wrap-around versions. (Figure 4)
- a. **Strap #2:** The blue strap tab allows the strap tension behind the leg to adjust to size when fitting.
 - b. **Straps #3 and #4 (long version only):** With the knee in slight flexion, press the hinges slightly posterior. When tightening, ensure the strap is first drawn around the back of leg with moderate tension and press down on the contact fastener. Continue wrapping the strap through the corresponding d-ring. Draw the strap snug and press down the contact fastener. (Figure 5)
 - c. **Remove blue strap tab:** Once all straps are adjusted and fastened as desired, remove the blue strap tab behind strap 2 to secure.
2. **ROM Hinge Adjustment:** The amount of flexion and extension can be adjusted by changing the size of the flexion and extension stops. Changing stops should be done under the advice of your healthcare provider. If you change the stop on one hinge, you MUST change the stop to the same degree on the opposite hinge. To adjust flexion and extension stops:
- a. Remove screw securing stop cover. Note EXT and FLX markings on side of stop cover indicating placement of extension and flexion stops. (Figure 6)
 - b. Lift stop cover and insert desired extension stop into the groove. (Figure 7)
 - c. Make sure notch in extension stop faces towards the metal bumper in the groove. (Figure 8)
 - d. Insert desired flexion stop into the groove with notch facing towards the metal bumper. (Figure 9)
 - e. Close stop cover and replace screw.

EXTENSION STOP SIZES: 10°, 20°, 30°, 40°, lockout (full extension)

FLEXION STOP SIZES: 45°, 60°, 75°, 90°

Washing Instructions:

1. Remove hinges and close hook/loop fasteners before washing.
2. Hand wash using 30°C (86°F) soapy water. Rinse thoroughly and line dry only.
3. Do not machine wash or dry.
4. For best results, rinse after every use.

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