

# Freestyle™ OA Brace

## FITTING INSTRUCTIONS

### for Medial OA application

ANLEITUNG ZUM ANLEGEN  
ISTRUZIONI PER L'ADATTAMENTO  
MISE EN PLACE  
INSTRUCCIONES DE AJUSTE



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**⚠ WARNINGS ⚠**

**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:** FOR SINGLE PATIENT USE ONLY.

**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:** WHEN USING BRACES BILATERALLY, MODIFY ACTIVITY AS NECESSARY TO KEEP MEDIAL HINGES FROM CONTACTING EACH OTHER.

**CAUTION:** WHEN USING THE FREESTYLE OA BRACE IT IS IMPORTANT TO KEEP DIRT AND GRIT OUT OF THE HINGE MECHANISM TO MAINTAIN PROPER HINGE MOBILITY AND BRACE FUNCTION.

**⚠ WARNHINWEISES ⚠**

**WARNING:** VOR DEM GEBRAUCH SORGFÄLTIG ALLE ANLEITUNGEN ZUM ANLEGEN SOWIE DIE WARNUNGEN LESEN. ALLE ANWEISUNGEN BEACHTEN, UM SICHERZUSTELLEN, DASS DIE SCHIENE RICHTIG FUNKTIONIERT. WENN DIE SCHIENE NICHT VORSCHRIFTMÄSSIG ANGELEGT UND ALLE GÜRTE RICHTIG FESTGEZOGEN WERDEN, SO IST MIT EINER BEINTRÄCHTIGUNG DER FUNKTIONSFÄHIGKEIT UND DES TRAGEKOMFORTS ZU RECHNEN.

**WARNING:** NUR FÜR EINEN EINZELNEN PATIENTEN VERWENDEN.

**WARNING:** WENN BEI DER VERWENDUNG STÄRKERE SCHMERZEN, SCHWELLUNGEN, HAUTREIZUNG ODER ANDERE NEBENWIRKUNGEN AUFTRETEN, KONSULTIEREN SIE BITTE SOFORT IHREN ARZT.

**WARNING:** DIESES PRODUKT KANN NICHT ALLE VERLETZUNGEN VERHINDERN ODER LINDERN. ANGEMESSENE REHABILITATION UND MODIFIZIERUNG DER AKTIVITÄTEN SIND EBENSOWEIT EINE UNERLÄSSLICHE BESTANDTEIL EINES SICHEREN BEHANDLUNGSPROGRAMMS. SPRECHEN SIE MIT IHREM ARZT/PRAKTIKER ÜBER DEN GEFÄHRLOSEN UND ANGEMESSENEN AKTIVITÄTSGRAD WÄHREND DES TRAGENS DIESER SCHIENE.

**ACHTUNG:** DIE HALTBARKEIT UND FUNKTIONSFÄHIGKEIT DIESER PRODUKTS ERFORDERN SACHGEMÄSSE PFLEGE UND REINIGUNG. FOLGEN SIE DEN ANWEISUNGEN ZUM ABNEHMEN UND REINIGEN DES PRODUKTS.

**ACHTUNG:** BEI BEIDSEITIGER VERWENDUNG VON SCHIENEN SIND DIE AKTIVITÄTEN SO ZU MODIFIZIEREN, DASS DIE SCHARNIERE AN DEN INNENSEITEN EINANDER NICHT BÜHREN.

**ACHTUNG:**

**⚠ AVVERTENZE ⚠**

**AVVERTENZA:** PRIMA DELL'USO, LEGGERE ATTENTAMENTE LE AVVERTENZE E LE ISTRUZIONI PER L'ADATTAMENTO DEL SUPPORTO. PER ASSICURARE IDONEE PRESTAZIONI DAL SUPPORTO, SEGUIRE TUTTE LE ISTRUZIONI. SE IL SUPPORTO NON VIENE POSIZIONATO NEL MODO GIUSTO E CIASCUN CINTURINO NON VIENE CHIUSO BENE, LE PRESTAZIONI E LA COMODITÀ DEL SUPPORTO NE RISULTERANNO COMPROMESSE.

**AVVERTENZA:** ESCLUSIVAMENTE PER UN SINGOLO PAZIENTE.

**AVVERTENZA:** SE DURANTE L'USO SI ACCUSANO AUMENTO DI DOLORE, GONFIORE, IRRITAZIONE CUTANEA O QUALUNQUE ALTRA REAZIONE AVVERSA, CONSULTARE IMMEDIATAMENTE IL PROPRIO OPERATORE SANITARIO.

**AVVERTENZA:** QUESTO DISPOSITIVO NON PREVIENE NÉ RIDUCE ALCUNA LESIONE. PARTE ESSENZIALE DI UN PROGRAMMA TERAPEUTICO SICURO SONO ANCHE UNA RIABILITAZIONE ADEGUATA E LA MODIFICA DELLE ATTIVITÀ SVOLTE. CONSULTARE IL PROPRIO OPERATORE SANITARIO ABILITATO IN RELAZIONE AL LIVELLO DI ATTIVITÀ SICURO E APPROPRIATO MENTRE SI INDOSSA QUESTO DISPOSITIVO.

**ATTENZIONE:** LA CURA E LA PULIZIA DI QUESTO PRODOTTO SONO ESSENZIALI PER MANTENERLO SOLIDO ED IN BUONE CONDIZIONI OPERATIVE. SEGUIRE IL PROCESSO DI RIMOZIONE E PULIZIA DESCRITTO NELLE ISTRUZIONI.

**ATTENZIONE:** QUANDO SI USA IL SUPPORTO BILATERALMENTE, MODIFICARE L'ATTIVITÀ SECONDO LE NECESSITÀ PER EVITARE CHE LE CERNIERE MEDIALI SI TOCCHINO.

**ATTENZIONE:**

**⚠ AVERTISSEMENTS ⚠**

**AVERTISSEMENT :** VEUILLEZ LIRE ATTENTIVEMENT LES INSTRUCTIONS DE MISE EN PLACE ET LES MISES EN GARDE AVANT USAGE. SUIVEZ TOUTES LES INSTRUCTIONS AFIN D'ASSURER UNE PERFORMANCE ADEQUATE DE L'ORTHESE. LA PERFORMANCE ET LE CONFORT SERONT COMPROMIS SI L'ORTHESE N'EST PAS PLACEE CORRECTEMENT ET SI TOUTES LES SANGLES NE SONT PAS ATTACHEES.

**AVERTISSEMENT :** USAGE RESERVE A UN SEUL PATIENT.

**AVERTISSEMENT :** EN CAS D'AUGMENTATION DE LA DOULEUR, D'ENFLEURE, D'IRRITATION DE LA PEAU OU D'AUTRES REACTIONS INDESIRABLES LORS DE L'USAGE DE CE PRODUIT, CONSULTEZ IMMEDIATEMENT VOTRE PRATICIEN.

**AVERTISSEMENT :** CE DISPOSITIF N'EST PAS DESTINE A PREVENIR OU A REDUIRE TOUTES LES LESIONS. UNE REEDUCATION APPROPRIEE ET UN CHANGEMENT D'ACTIVITE FONT EGALEMENT PARTIE DES ELEMENTS ESSENTIELS A UN PROGRAMME DE TRAITEMENT REUSSI. CONSULTEZ VOTRE PROFESSIONNEL AUTORISE DE SANTE EN CE QUI CONCERNE LE NIVEAU D'ACTIVITE SUR ET APPROPRIE LORS DU PORT DE CE DISPOSITIF.

**ATTENTION :** LE SOIN ET LE NETTOYAGE APportes A CE PRODUIT SONT ESSENTIELS AU MAINTIEN DE SA RESISTANCE ET DE SA PERFORMANCE. SUIVRE LE PROCEDE D'ENLEVEMENT ET DE NETTOYAGE DECRIE DANS LES INSTRUCTIONS.

**ATTENTION :** SI LES ORTHESES SONT EMPLOYEES DE MANIERE BILATERALE, MODIFIEZ VOS ACTIVITES SELON LES BESOINS AFIN D'EMPECHER LES ARTICULATIONS MEDIALES D'ENTRER EN CONTACT L'UNE AVEC L'AUTRE.

**ATTENTION :**

**⚠ ADVERTENCIAS ⚠**

**ADVERTENCIA:** LEA DETENIDAMENTE LAS INSTRUCCIONES DE AJUSTE Y LAS ADVERTENCIAS ANTES DE USAR ESTE PRODUCTO. PARA GARANTIZAR EL FUNCIONAMIENTO CORRECTO DE LA RODILLERA, SIGA TODAS LAS INSTRUCCIONES. SI NO SE COLOCA LA RODILLERA CORRECTAMENTE NI SE ATAN TODAS LAS TIRAS, SE ARRIESGARÁ EL RENDIMIENTO Y COMODIDAD DE ESTE PRODUCTO.

**ADVERTENCIA:** PARA USO ÚNICO EN UN PACIENTE SOLAMENTE.

**ADVERTENCIA:** SI EXPERIMENTA AUMENTO DEL DOLOR, HINCHAZÓN, IRRITACIÓN DE LA PIEL O CUALQUIER REACCIÓN ADVERSA AL USAR ESTE PRODUCTO, CONSULTE A SU PROFESIONAL MÉDICO INMEDIATAMENTE.

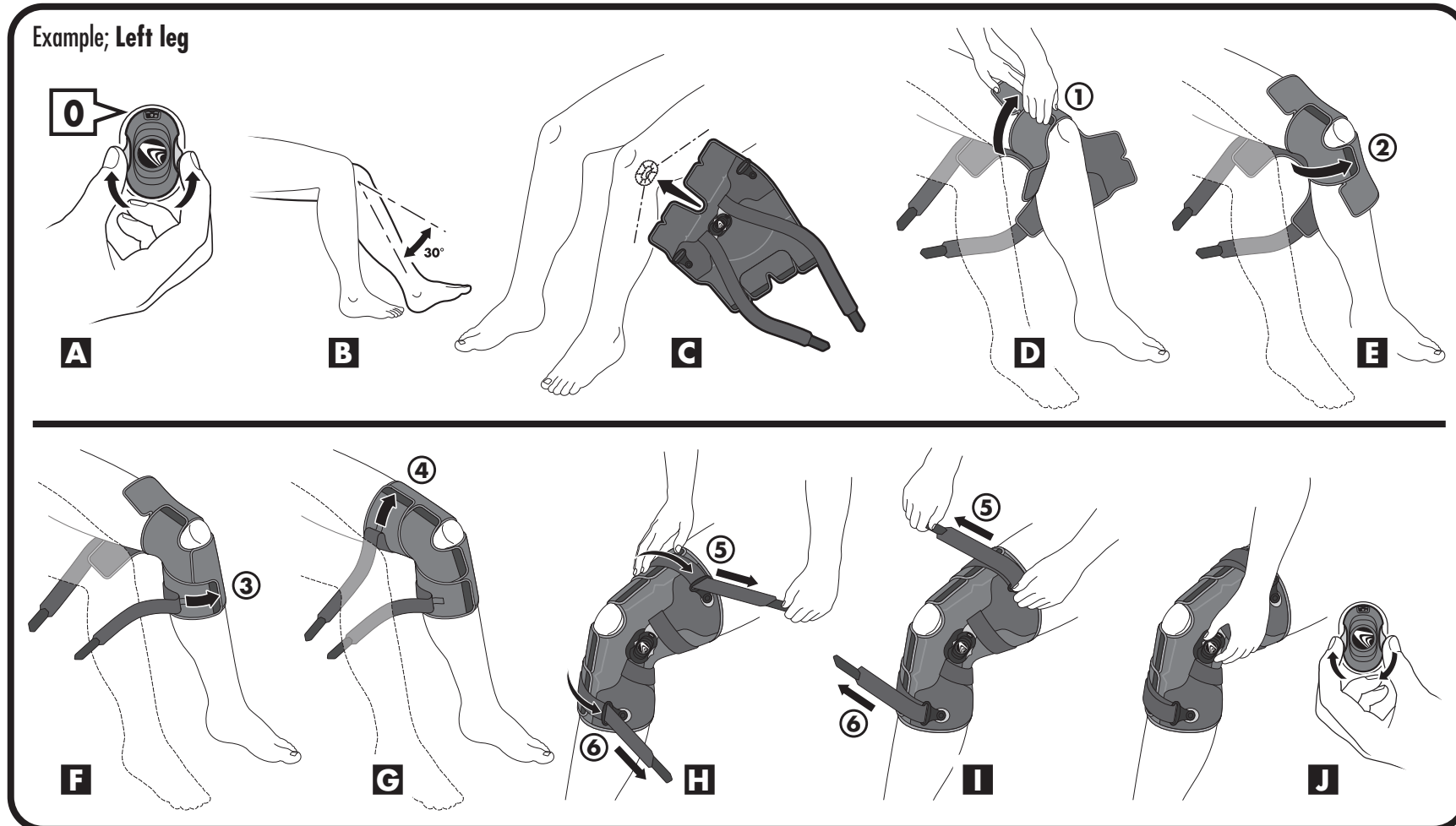
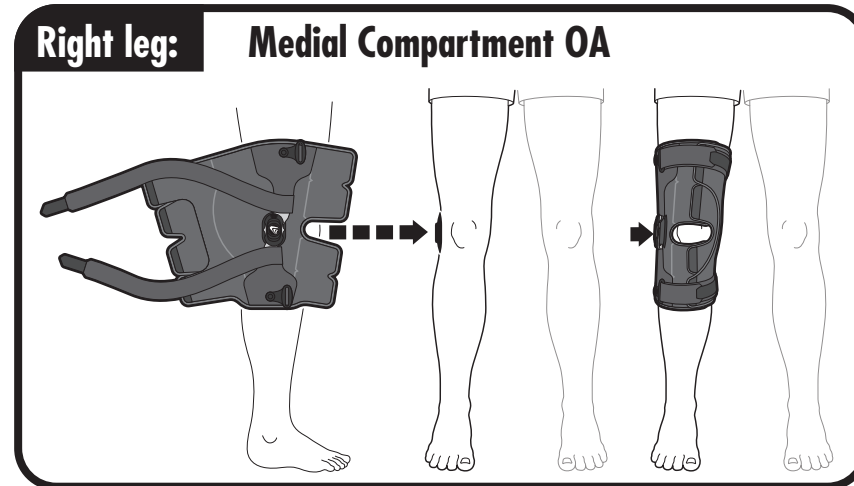
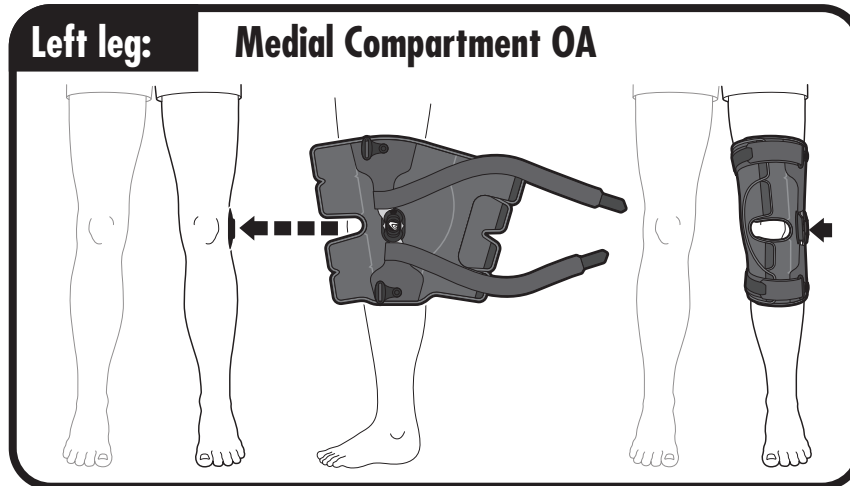
**ADVERTENCIA:** ESTE APARATO NO PREVIENE NI REDUCE TODAS LAS LESIONES. LA ADECUADA REHABILITACIÓN Y MODIFICACIÓN DE LA ACTIVIDAD SON TAMBIÉN PARTE ESENCIAL DE UN PROGRAMA SEGURO DE TRATAMIENTO. CONSULTE A SU PROVEEDOR DE SERVICIOS MÉDICOS LICENCIADO PARA DETERMINAR EL NIVEL SEGURO Y ADECUADO DE ACTIVIDAD MIENTRAS USA LA RODILLERA.

**PRECAUCIÓN:** EL CUIDADO Y LIMPIEZA DE ESTE PRODUCTO SON IMPRESCINDIBLES PARA QUE MANTENGA SU RESISTENCIA Y RENDIMIENTO. SIGA LAS INSTRUCCIONES PARA QUITAR Y LIMPIAR EL PRODUCTO.

**PRECAUCIÓN:** AL UTILIZAR LAS RODILLERAS BILATERALMENTE, MODIFIQUE LA ACTIVIDAD SEGÚN SEA NECESARIO PARA QUE LAS BISAGRAS MEDIALES NO SE TOQUEN.

**PRECAUCIÓN:**

- A** Prior to application, set the hinge to 0.
- B** Sit with the knee bent at 30°
- C** Position the brace by placing the condyle pad on the outside of the knee.
- D** Maintain the brace position with one hand while using the other hand to pull tab #1 across the thigh above the knee and fasten securely.
- E** Pull tab #2 across the shin below the knee and fasten securely.



- F** Pull tab #3 across the lower shin and fasten securely.
- G** Pull tab #4 across the upper thigh and fasten securely.
- H** Pass strap #5 through the plastic ring on the outside of the thigh.
- I** To avoid rotation of the brace during application, secure the brace with one hand, as shown, while tensioning strap #5. Lay the strap onto itself and fasten securely. Repeat for strap #6.
- J** Once the brace is properly applied, pain relief may be achieved by turning the thumbwheel hinge dial clockwise to increase pressure to the outside of the knee.

Scan QR Code for  
Instruction Video

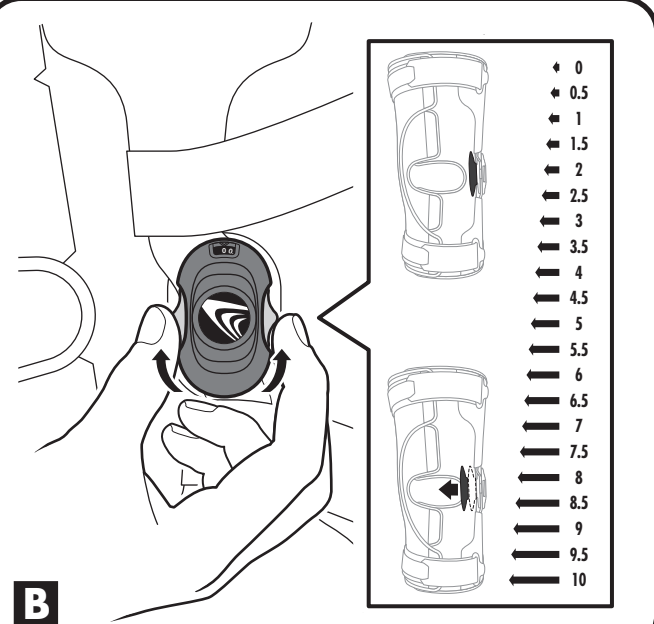


 [breg.com/foa](http://breg.com/foa)

**A**

**Instruction Video**

To view a video demonstrating how to use the brace, scan the QR code or go to the website: [www.breg.com/foa](http://www.breg.com/foa)



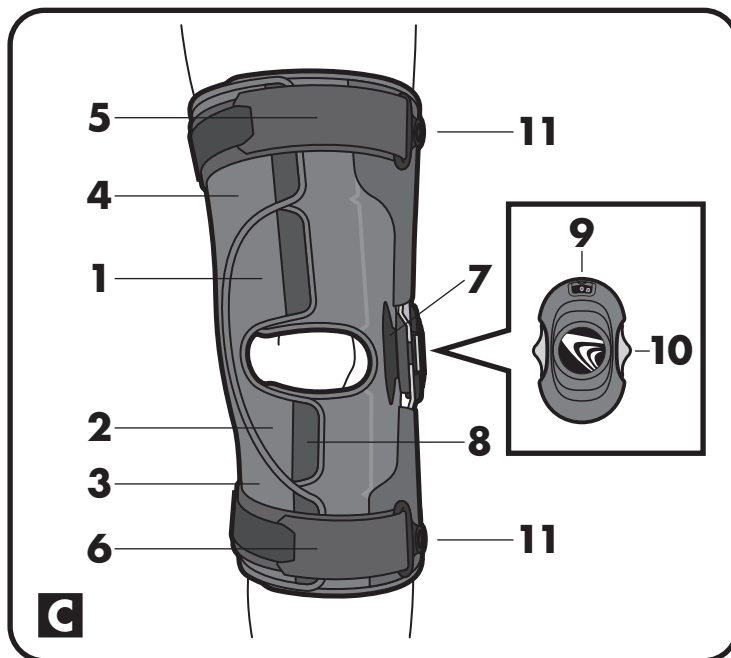
**B**

**Hinge Adjustment**

With the brace properly applied, OA pain symptoms can be relieved by adjusting the thumbwheel hinge dial. Turn the thumbwheel dial clockwise to increase pressure and counterclockwise to reduce the pressure on the outside of the knee. The hinge settings window displays settings ranging from 0 to 10mm. The display setting will increase or decrease as you adjust the thumbwheel dial.

Make sure a large gel condyle pad is attached inside the brace.

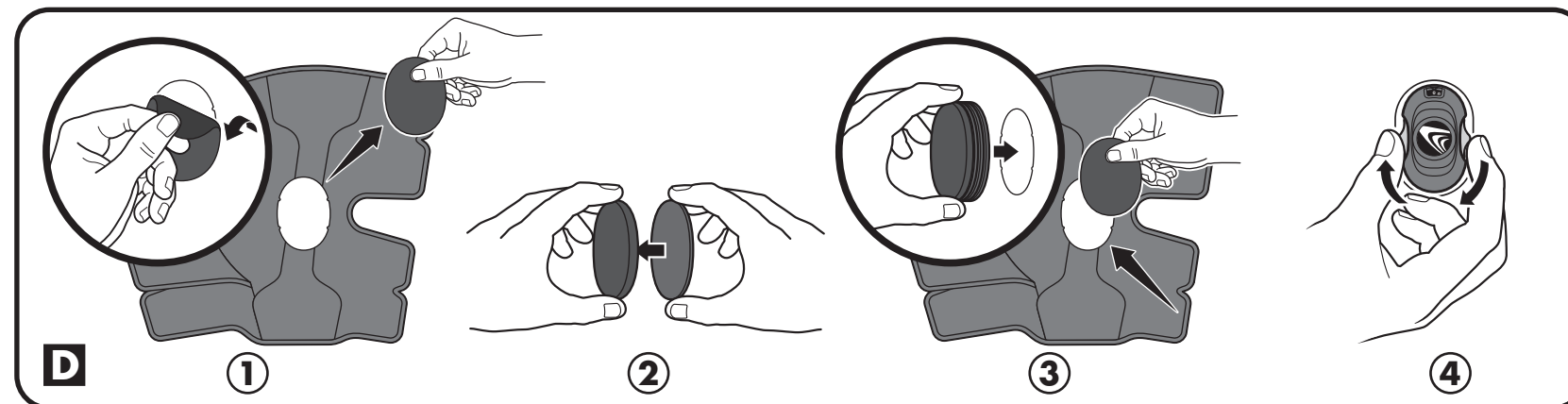
Always follow your medical professional's recommendation regarding the proper hinge setting.



**C**

**Product diagram**

- |                    |                                  |
|--------------------|----------------------------------|
| <b>1:</b> Tab #1   | <b>7:</b> Condyle pad            |
| <b>2:</b> Tab #2   | <b>8:</b> Finger Pockets         |
| <b>3:</b> Tab #3   | <b>9:</b> Hinge Settings Window  |
| <b>4:</b> Tab #4   | <b>10:</b> Hinge Thumbwheel Dial |
| <b>5:</b> Strap #5 | <b>11:</b> Plastic Rings         |
| <b>6:</b> Strap #6 |                                  |



**D**

**Condyle Pad Adjustment**

If you require a more snug fit of the brace at the knee, shims can be installed to the condyle pad.

1. Remove the condyle pad cover and carefully peel off the condyle pad that is attached with hook/loop.
2. Attach the desired number of shim(s) to the condyle pad.
3. Re-attach the condyle pad to the brace.
4. Turn the Hinge Thumbwheel Dial clockwise until the desired pressure is reached.

Important: Make sure the condyle pad is properly aligned with the hinge thumbwheel dial before applying the brace to the knee.

**Care and Cleaning**

Gently hand wash the material in cold water with a mild detergent, rinse, lay flat and air dry. Apply a dry lubricant such as a Teflon spray to the hinge after washing. **DO NOT** machine wash or tumble dry.

**Fitting Tips**

- A properly applied brace should fit snug on all areas the knee.
- Use the finger pockets to help fasten tabs #1 – #4.
- Avoid rotation of the brace during application of straps #5 and #6. Hold the brace securely with one hand at the hinge near the plastic ring while tensioning the straps with the other hand.