

---

This device is offered for sale by or on the order of a physician or other qualified medical professional. This device is not intended for reuse on a second patient. This device is not intended to prevent injuries or reduce or eliminate the risk of re-injury.

**INDICATIONS:** This brace can be configured to address medial or lateral osteoarthritis. The brace is designed to decrease joint pain by creating a space between the bones on the affected side of the knee.

**CONTRAINDICATIONS:** This brace is contraindicated to treat medial osteoarthritis with a lateral osteoarthritis brace or to treat lateral osteoarthritis with a medial osteoarthritis brace.

**CAUTION:** Activity modification and proper rehabilitation are an essential part of a safe treatment program. If any additional pain or other symptoms occur while using this device, discontinue use and seek medical attention.

**CAUTION:** This device is not intended to prevent injury, or reduce or eliminate the risk of re-injury.

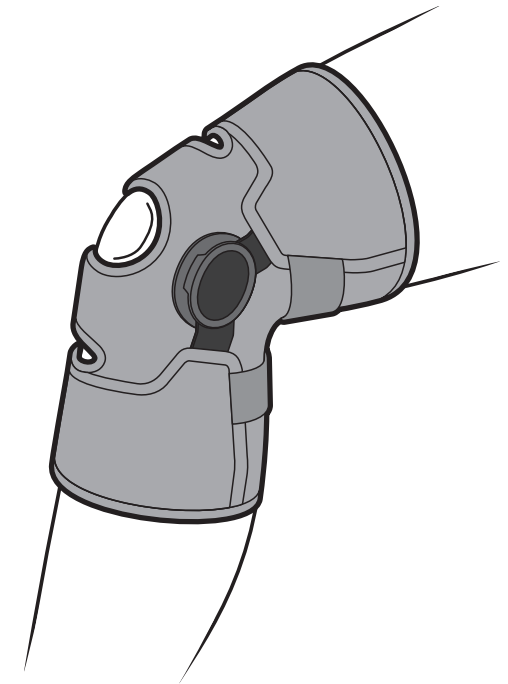
**WARNING:** Federal law restricts this device to sale by or on the order of a licensed health care practitioner.

**WARNING:** For single patient use only.

**CAUTION:** 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.

**CAUTION:** This device has been developed for the indications listed above, and may be damaged by unusual activities such as sports, falls, or other accidents, or exposure of the hinges to debris or liquids. To avoid the risk of accident and possible injury to the patient, discontinue use if such an incident has occurred.

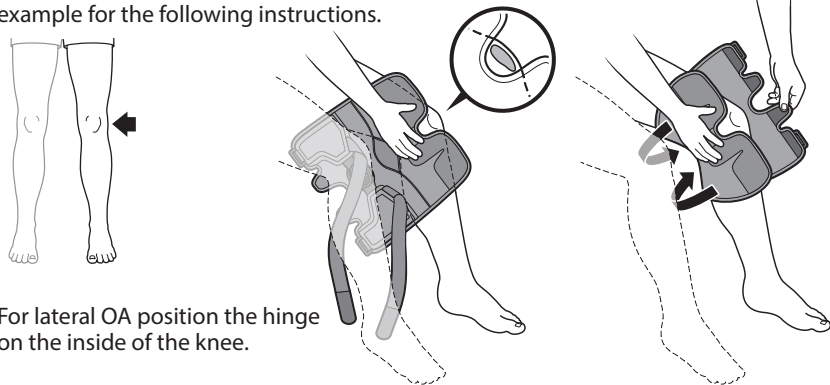
**CAUTION:** Do not leave this device in a car on a hot day, or in any other place where the temperature may exceed 150F (65 C.) for any extended period of time.



## 1 Open the Brace

Open by unfastening the two-straps.

For medial OA, position hinge on the OUTSIDE of the knee, which is the example for the following instructions.



For lateral OA position the hinge on the inside of the knee.

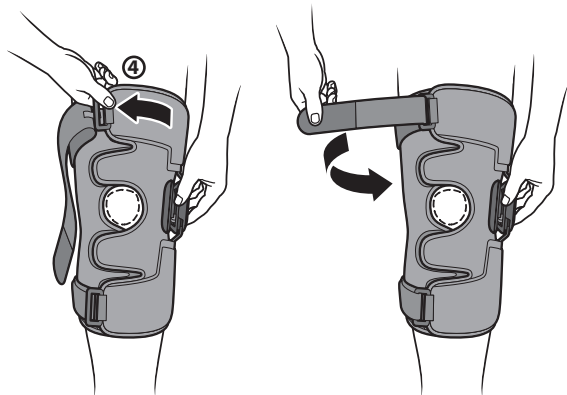
## 2 Apply the Brace

While sitting with the knee flexed between 45 and 60 degrees, begin with the 'soft side' of the brace and position the opening for the kneecap so that the opening surrounds one side of the kneecap.

Wrap around the leg and secure the two closure tabs, 1 and 2, closest to the knee. The kneecap should be centered in the opening created.

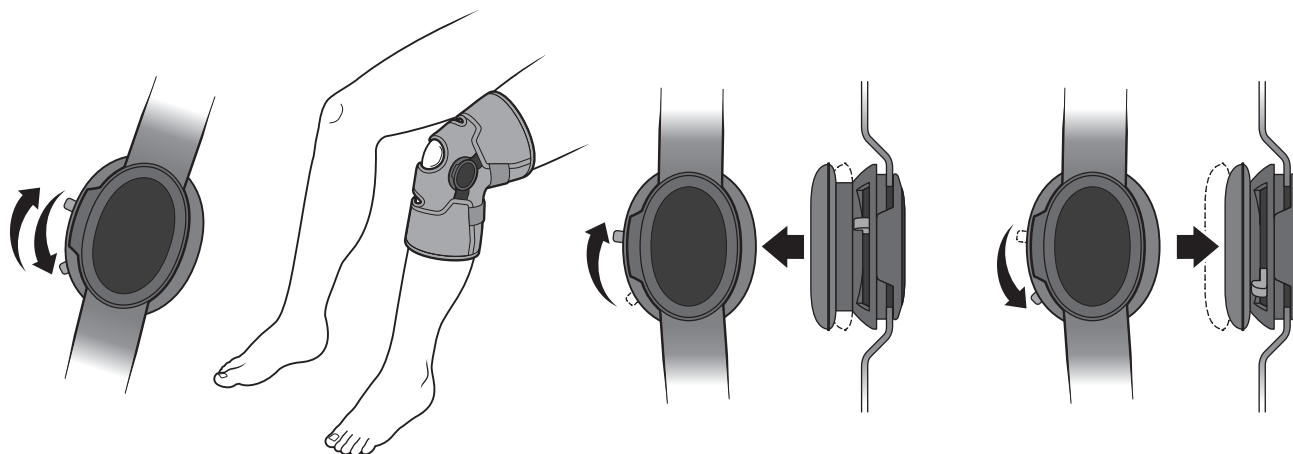
## 3 Secure the Lower Calf Closure Tab, 3

Follow with the calf strap, feeding it through the D-ring and tighten with moderate tension.



## 4 Secure the Upper Thigh Closure Tab, 4

Follow with the thigh strap, feeding it through the D-ring and tighten with moderate tension.



**5 Adjust the hinge:** Stand and walk in the brace to see how it feels on the leg. The hinge can be adjusted while standing or sitting; however, the hinge adjustments are easier when sitting with your knee bent to 90 degrees. To adjust the force of the hinge pressure, place thumb on red tab and slide tab up or down to desired position. If more force is needed, sit down and adjust to an increased force setting. Walk again to test for relief.

**NOTE:** Only adjust the hinge enough for relief. Walk after each adjustment. Too much force may cause discomfort and excessive muscle soreness. Once you reach relief, don't adjust the hinge any further. It takes at least a week for the leg to get used to having pressure applied to it.