

ADJUSTABLE ROM KNEE BRACE

Model No: 37-450

**Sizes: Universal Regular,
Universal Plus**

Color: Black

INDICATIONS:

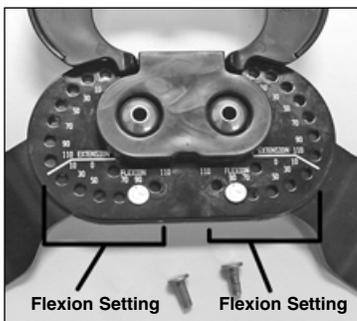
- Mild to moderate ligament strains and sprains (ACL/PCL/MCL/LCL)
- Meniscal strains and tears
- Medial/lateral knee instability
- Chronic knee instability
- Post-op range of motion control

CARE INSTRUCTIONS: Remove hinges from brace by pulling out of hinge pockets. Fasten all closures and hand wash in cold water with mild soap. Wrap in a towel to remove excess water (do not twist or wring). Air dry away from heat. Do not tumble dry. Do not bleach.

HOW TO SIZE:

Measure around center of kneecap.
Brace fits right or left knee.

Size	Fits
Universal Regular	12 - 20"
Universal Plus	18 - 26"



****IMPORTANT: Verify that both hinges are set at the same amount of flexion and extension.** →

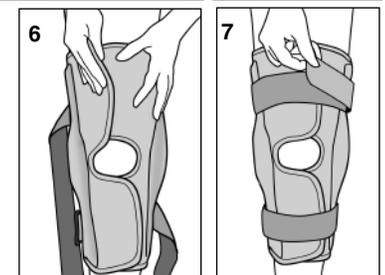
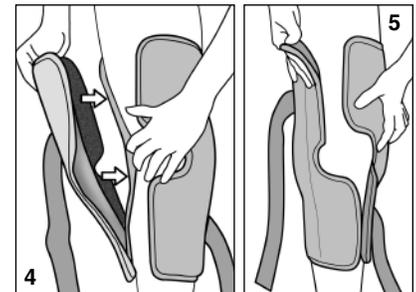
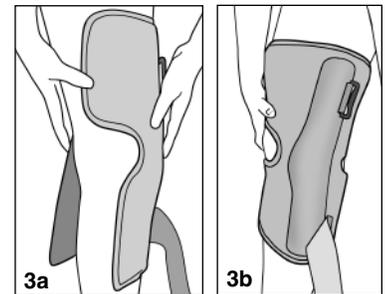
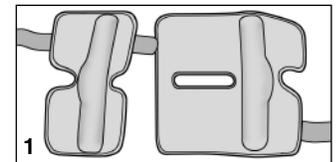
FEATURES & BENEFITS:

- **Polycentric Range of Motion Hinges** allow for progressive rehabilitation. Flexion and extension settings can be adjusted in 20-degree increments to control movement of the joint, preventing further injury and speeding healing. Dual axis, polycentric hinges track more closely with the knee motion and provide medial and lateral stabilization.
- **Tri-Permalon™ Material** is latex free and neoprene free and is ideal for those with sensitive skin or who are susceptible to heat build-up. **Durable outer material** is hook compatible and allows wrap closures to be placed anywhere on the support and gives excellent strength and support. Inner breathable foam material does not retain body heat. Allows for cool and comfortable wear. Smooth lycra lining is comfortable against the skin and provides power stretch for compressive support.
- **Universal Two-Way Adjustable Straps** fit a wide range of sizes, create a custom-like fit, and gives an improved fit that stays in place.
- **Open Popliteal** eliminates bunching and irritation behind the knee.
- **Wrap-Around Design** for easy application over swollen, tender joints.



APPLICATION:

1. Unfasten all straps and closures to separate the two panels.
2. Position the back panel (panel with the popliteal opening and without any hook) behind the knee so popliteal opening falls at the crease behind the knee.
3. **a.** Align the hinge on the panel with the side of the knee joint (medial side for right knee applications and lateral side for left knee applications). **b.** The center of the hinge should be aligned with the prominent bone on the side of the knee.
4. Using the hook strips, attach the remaining panel to the back of the brace so that hinge is aligned with the opposite side of the knee joint (laterally for right knee applications and medially for left knee applications). Verify the hinge is aligned with the prominent bone on this side of the knee. Ensure the hook strips are fully attached at the back of the brace.
5. Wrap panel around to front. Secure hook to close the brace.
6. Check for accurate sizing. Support should fit snug but not so tight as to restrict circulation. Hinges should be aligned with the prominent bones on each side of the knee. If adjustment is necessary (hinges do not align), completely detach, adjust and secure closures in back of the knee. Front closure may need slight readjustment for a proper fit. The opening in the front of the brace should fit snugly around the patella.
7. With the panels in correct position, secure straps beginning with top strap. Feed straps through rings and secure.



To remove brace, unfasten straps and open front closures only.

SETTING THE HINGE: Hinge has optional flexion and extension settings of 0, 10, 30, 50, 70, 90 and 110 degrees. The caregiver should determine the correct setting for the condition. Each hinge can be set at flexion, extension or both. Product is pre-set at 110,0 (110 degrees of flexion, 0 degrees of extension).

1. Remove hinge from pocket. 2. Open hinge cover and remove pins (4 total). 3. Set flexion first by moving hinge arms until an opening is seen through the desired flexion setting. Drop pins into desired setting, snapping them into place. Set both sides of the hinge (left/right) at the same degree of flexion. 4. Set extension by moving hinge arms until an opening is seen through the desired extension setting. Drop pins into desired setting, snapping them into place. Set both sides of the hinge (left/right) to the same degree of extension. 5. Close hinge cover. 6. Insert hinge back into pocket.

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