

# Post-Op Universal Knee Brace



## Description

This post-operative knee brace gives excellent immobilisation or ROM control for Injured or operated collateral and/or cruciate ligaments. A sturdy collateral stabilisation via long side-bars prevents valgus or varus deviation and ensures complete support. Adjustable ROM is achievable by simply adjusting the one touch setting hinges.

This support is manufactured from high quality materials and we recommend that a medical professional fits the support for you. If at any time you experience discomfort or your condition worsens, remove the support immediately and consult your therapist/medical professional.

## Fitting Instructions

- A.** Secure and fasten all soft goods. Ensure the patella remains exposed and that the medial and lateral hinges are aligned just above mid-patella.
- B.** To determine brace length, position the hinge pivot centre slightly above the knee joint midline. To increase length of the strut, move the slide bar to 'unlock'
- C.** Position and alignment marks are provided on the metal strut. When desired side strut length has been achieved, slide the bar back to the locked position.
- D.** Fasten buckles and adjust strap length, starting with the two straps closest to the knee. Straps may be trimmed if necessary. If straps are trimmed, secure straps using supplied Y Tabs.
- E.** To adjust range of motion, press the flexion or extension button and rotate until the desired degree of flexion or extension appears through the indicator window.
- F.** The side bars may be bent to fit individual anatomy. Side bars must be bent with final length adjustments completed and with metal struts installed in the plastic sleeves. Bend with bending irons.

Code	Size	Length	Circumference
09 136 9800	Universal	48-70cm	48-70cm

- G.** To remove the brace, release buckles and open the foam pads. The brace can then be removed and reapplied as a single unit.

## Cleaning and Care

Hand wash in warm water with liquid mild soap and leave to dry naturally.

**DO NOT MACHINE WASH OR TUMBLE DRY.**

**NEVER OVER TIGHTEN STRAPS.**

This support should feel comfortable at all times.

**REMOVE BEFORE GOING TO SLEEP.**



**These user instructions are available in large print, please contact Performance Health Customer Services for a copy. Please retain these instructions for future reference.**

## Manufactured for:

### Performance Health International Ltd.

Nunn Brook Road, Huthwaite,  
Sutton-in-Ashfield, Nottinghamshire,  
NG17 2HU, UK.

## UK:

Tel: 03448 730 035

Fax: 03448 730 100

[www.performancehealth.co.uk](http://www.performancehealth.co.uk)

## International:

Tel: +44 1623 448 706

Fax: +44 1623 448 784

## Performance Health Supply, Inc.

W68 N158 Evergreen Blvd.

Cedarburg, WI 53012

USA

[www.performancehealth.com](http://www.performancehealth.com)

## Performance Health ANZ

Unit 3, 3 Basalt Road,

Pemulwuy NSW, Australia 2145.

Tel: 1300 473 422

Fax: 1300 766 473

## Performance Health France

13 rue André Pingat

CS 10045

51724 Reims Cedex

France

Tel: 00(33) 03 10 00 79 30

Fax: 00(33) 03 54 70 04 34

[www.performancehealth.fr](http://www.performancehealth.fr)

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