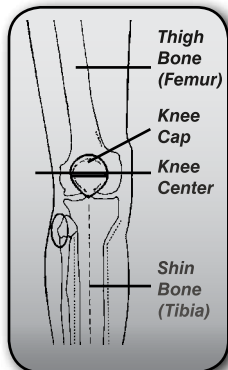


FUNCTIONAL BRACING Air Townsend Patient Instructions

The medical professional providing your brace will supervise your initial fitting and provide general instructions for how to put on the brace. Please refer to these illustrations each time you put on your brace until you are sure you remember how to properly apply the brace to your leg.



GENERAL INSTRUCTIONS FOR POSITIONING THE BRACE

Because the patented Townsend motion hinges on your brace mirror the anatomical motion of your knee, it is very important for the hinges to be properly positioned in alignment with knee center on your leg. This generally corresponds with the middle to upper third of the knee cap (see illustration, left). It is better to put the brace on a little too high than too low. It is also important to make sure the hinges are set approximately in the center of the side of your leg.

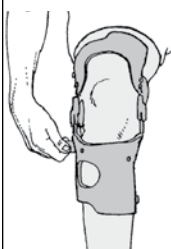
Fitting Instructions

NOTE: The fitting instructions for the Air Townsend and Townsend Original braces are essentially the same.



Step 1: Sit in a chair with your leg bent at a 45 degree angle. Position the brace on your leg so the hinges are centered at the upper third of the patella (knee cap). It is always better to put the brace on too high than too low.

1



Step 2: Begin by tightening the Synergistic Suspension Strap™. This strap, which is closest to the hinges on the lower portion of your brace, should be positioned in the flexion fold behind your knee on top of your calf muscle.

Note: The comfort pad on the inner side of this strap MUST

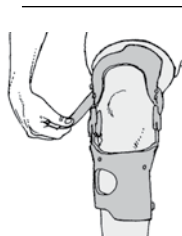
be peeled back and cut if it prevents you from tightening the strap securely.

2

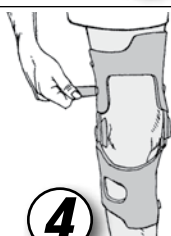


Step 3: Tighten the bottom calf strap next to secure the lower shell to your leg.

3



Steps 4: Next, tighten the two thigh straps to finish securing the brace to your leg.



4

Whether you are a professional athlete, weekend warrior or merely someone who needs support for activities of daily living, Townsend's custom knee braces are designed to perform. Hand made by orthotists and skilled technicians from the most durable, lightweight materials, Townsend custom braces set the industry standard for control, comfort and patient convenience. Air Townsend knee braces are generally prescribed for patients who have knee instabilities or who have surgery to repair knee injuries. The medical professional fitting your brace is responsible for assessing the initial fit and function of your brace, and will return the brace to Townsend Design if any adjustments are needed. If you experience any skin reactions, loss of circulation, unusual knee pain or any other complication you think may be associated with the use of this product, stop wearing the brace and call the medical professional who prescribed and/or fit your brace.

UNDERSLEEVE AND PROTECTIVE COVER

Your Townsend brace is designed to be worn directly against the skin. An undersleeve may be ordered to put on or under your brace which may make the brace more comfortable. Wearing an undersleeve can, however, cause sweating, make it harder for you to bend your leg, or cause the brace to slip down your leg. If you intend to wear your brace for contact sports or activities that may expose the brace to objects that could damage the shells, we recommend that you speak with the medical professional who fit your brace about ordering a protective cover that fits over the brace.

CARING FOR YOUR BRACE

Lubrication: The hinges on your brace may need to be lubricated periodically, especially if your brace has been exposed to water, dirt or sand. Squeeze a couple of drops of a teflon-based lubricant like Tri-Flow (available at hardware stores) into the inner surfaces of the hinge and flex the brace back and forth. Wipe away any excess lubricant.

Cleaning: The lining inside the shells of your brace should be wiped dry after each use. You can also clean the surface with a mild solution of water and a liquid detergent. Wipe off any soap with a clean sponge and let the liner dry (do not use a hair dryer).

WARRANTY

Under normal use and conditions, the shells and hinges on your brace are covered by a lifetime warranty against defects or breaking. Straps, hinge covers, and other replaceable parts are covered for six months. Free remolding service (to make fitting adjustments) is provided for six months from the date of manufacturing. If you experience a problem with the fit or function of the brace, please call the medical provider who ordered your brace.

PRODUCT DISCLAIMER

This brace is a prescription product that should be used in accordance with the directives of your physician as part of a treatment plan for managing your total health. While this type of brace has proven beneficial to many patients, outcomes will vary based on factors including patient age, general health, and/or lack of compliance with instructions for how to put on and use the product. Because of variations in the health and condition of each patient, Townsend Design also does not make any specific recommendations regarding appropriate activities for the user of this brace. While a Townsend custom functional knee brace may aid in decreasing the risk or degree of injury to the leg for which it is fabricated, Townsend Design cannot and does not guarantee that the brace will restrict all instabilities or prevent injuries -- especially as the intensity of physical activity increases. Contact and high velocity sports are inherently dangerous and create a higher risk for injury.