

FUNCTIONAL BRACING Premier Patient Instructions

The medical professional fitting your brace will teach you how to put on your brace, and will check to make sure it fits and functions properly.

Fitting Instructions



Tighten the Synergistic Suspension Strap while maintaining the hinges in the appropriate position. The strap should fit in the flexion fold behind your knee.

1



Tighten the front shin strap. Make sure the hinges remain at knee center and not too far forward or back on the side of your knee. NOTE: Following the initial application, the front shin strap does not have to be

undone each time you put on or take off the brace. Also, braces made with a double band tibia shell do not have this strap.

2

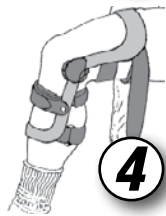


Tighten the bottom strap to secure the lower shell of the brace to your leg.

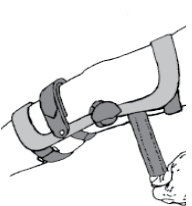
3



Next, tighten the two thigh straps on the upper portion of the brace.

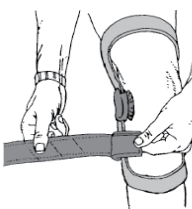


4



Straighten your leg and re-tighten the lower thigh strap. Stand and check to see the brace is properly positioned at knee center and the straps are all securely in place.

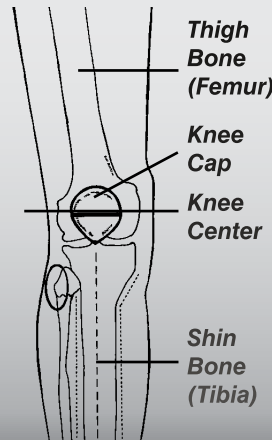
5



Shortening Straps & Pads The straps on your brace can be cut to any length. During your initial fitting, you may need to trim any strap that is too long. Simply remove the Velcro hook tab at the end

of the strap, cut the strap to the desired length, and reposition the hook tab. Be careful not to cut any strap too short. Additionally, any comfort pads attached to the inside of the straps must be lifted off and cut shorter if they interfere with your ability to completely tighten the strap.

6



It is important that you put the brace on properly. The hinges should be aligned with knee center on your leg, which generally corresponds with the middle to upper third of the knee cap. 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 not positioned too far anterior or too far posterior on the side of your knee. The medical professional fitting your brace will adjust the anterior tibia strap (illustration 2, below) to set the anterior-posterior position of the hinges.

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. Premier 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.