

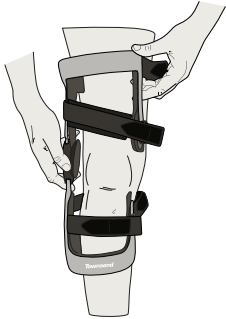
PREMIER RELIEVER¹ Patient Instructions

The medical professional who ordered and fit your brace should make initial adjustments and provide assistance in teaching you how to put it on. We recommend that you refer to this guide to ensure you are putting the brace on properly. On the back of this document, you will find general information about the use and care of your brace, and warranty benefits.

Preparing To Fit The Brace

Leave the two straps on the front side of the brace closed. You only need to open the four posterior (back) straps to be able to put on the brace. Always put on the brace while sitting down with your leg slightly bent (it is more difficult to put on the brace while standing or with your leg straight).

Fitting Instructions



Position the brace on your leg with the center of the hinge aligned with the upper third of your knee cap (just slightly above the center of your knee).

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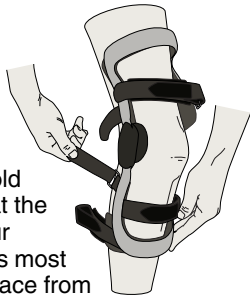


Tighten the bottom strap, then tighten the top strap. Both straps should be tight against the back of your leg.

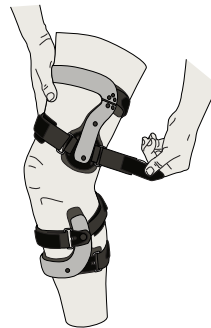


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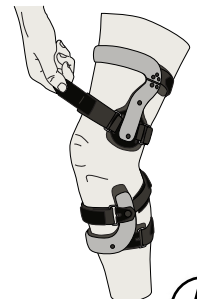
Begin by tightening the Synergistic Suspension Strap. This is the strap closest to the back of the knee. This strap should be tightened securely in the flexion fold behind your knee so that the strap rests on top of your calf muscle. This strap is most critical to keeping the brace from sliding down your leg.



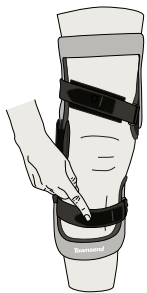
2



Next, tighten the lower thigh strap on the back of the leg. As you tighten this strap, the Adjustable Force Buttress will press into the side of your thigh. To adjust the corrective force you feel from the AF Buttress, you can loosen or tighten the anterior thigh strap.



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The anterior tibia strap DOES NOT need to be adjusted. It can remain closed when putting on and removing the brace.

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To ensure you are able to easily and adequately tighten the straps, all of the straps and strap pads on your brace should have been trimmed by the medical professional who fit your brace. If you need to make any further adjustments, please follow these instructions:

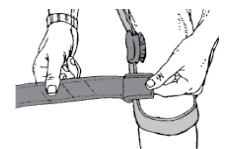
Trimming Straps

To avoid cutting a strap too short, insert the strap through the metal chafe, remove the alligator hook tab, cut the strap to the desired length, then reapply the hook tab.



Trimming Strap Pads

Any pad that is too long can prevent you from completely tightening the strap, because the pad is too thick to go through the metal chafe. Sometimes you can reposition the pad on the strap without trimming it. If you need to shorten a strap pad, remove the pad and cut it short enough to prevent the pad from butting against the metal chafe.



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Brace Care and Maintenance

Hinge -- The hinge on your brace is pre-lubricated. If sand, dirt or water get inside the hinge, it may require periodic lubrication. If you notice the hinge is not gliding smoothly, a few drops of a synthetic lubricant can be applied. You can purchase this type of lubricant at a hardware store.

Straps -- The straps on your brace are nonelastic for maximum control. After considerable use, if the fibers on your straps do not adhere as well to the Velcro "hook" tabs, if possible, cut the straps shorter so the Velcro hook tab adheres to a section of the strap that has fresher fibers. Otherwise the straps may need to be replaced.

Pads -- Your brace is lined with padding that provides a comfortable interface between your leg and the shells. The straps also have pads. You should not remove the pads from the brace or straps. Wipe the pads after each use to remove any moisture and let the pads air dry. You can also clean the pads with a mild antibacterial soap and rinse them off with fresh water. DO NOT wash pads in a machine or dry them with a blow dryer.

Parts and Service

The hinge, hinge cover, pads, straps and other parts on your brace may need to be refurbished or replaced due to normal wear and use. If your brace requires repairs or replacement parts, you should contact the professional who fit your brace.

Undersleeves & Protective Covers

This brace is designed to be worn directly against the skin. A full length undersleeve or comfort thigh sleeve may be ordered if you prefer to wear a sleeve under your brace. Even though wearing an undersleeve may enhance comfort, a sleeve can potentially cause the brace to slip down your leg. If you intend to wear your brace for sports (football, soccer, baseball, etc.) or if you participate in activities that could damage the brace or paint, we recommend that you speak with the medical professional who fit your brace about ordering a protective cover. A cover is often required for team sports.

Warranty

Under normal use and conditions, the shells and hinge on your brace are covered by a lifetime warranty against defects in craftsmanship or structural damage. Straps, the hinge cover, comfort pads and other replaceable parts are backed by a six month warranty. If you gain or loose weight, free remolding service (to make fitting adjustments to your brace) is also provided for six months from the date of purchase. If you experience a problem, please call the medical provider.

PRODUCT DISCLAIMER

This OA 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 OA brace has proven beneficial to many patients with unicompartement osteoarthritis, outcomes will vary based on factors including patient age, weight, general health, severity of OA, and/or lack of compliance with instructions for how to put on and use the product. Townsend Design is an orthopedic manufacturer, not a provider of patient care services. Townsend Design fabricated your brace based on the information provided to our company by the medical professional treating your condition. Since Townsend Design was not involved in your assessment, fitting or education, we cannot make specific guarantees this product will reduce your knee pain or joint degeneration. 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. Additionally, while a Townsend OA 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 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. 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.