

# REBEL SERIES FITTING INSTRUCTIONS



**To Put On Your Brace:** Townsend Rebel Series braces should be applied sitting down with your leg slightly bent at approximately 45 degrees of flexion. Before you tighten any straps, it is always important for you to properly position the brace on the leg. Because Townsend's patented hinges mirror the anatomical motion of the knee, the brace will function best when the hinges are properly aligned at knee center (**SEE ILLUSTRATION #1 in the box at the bottom of this page**). Make sure each of the four straps that go across the back of your leg are open. Slide the frame of the brace onto your leg. The condyle pads attached to the inside of the hinges should press against the sides of your knee. If you have positioned the brace and hinges at the correct height on your leg, the middle of the condyle pads should line up with the upper third of your knee cap. If the medical professional who fit your brace did not adjust the length of straps and strap pads, you will need a pair of scissors so you can cut the straps and strap pads to the appropriate length (**SEE ILLUSTRATION #2 in the box at the bottom of this page**). **NOTE: It is always better to put your brace on a little too high than too low.**



**2** Tighten the upper calf strap (Townsend's patented Synergistic Suspension Strap) that is closest to the back of your knee. This strap should be tightened in the flexion fold in the back of your knee. This is the most important strap for keeping the brace secure on your leg and preventing it from slipping down. (**SEE ILLUSTRATION #3 in the box at the bottom of this page**).



**3** Next, tighten the anterior (front) shin strap. There is an important relationship between this front strap and the Synergistic Suspension Strap behind your knee. The front strap should be tight, but not so tight that it pulls the hinges too far anterior toward the front of your knee. If the hinges are in the proper alignment, the condylar pads that touch your leg should be just posterior (back) of midline on the side of your leg. **NOTE: Because this strap fits across the front of your leg, you do not have to open this strap each time you put on or take off the brace. Following the initial application, it should be left closed to aid you in positioning the brace.**



**4** Tighten the distal (bottom) calf strap to secure the lower tibial band to your leg. You will see that the medial (inner) side of the lower band of the brace is contoured to fit the flat portion of your shin for maximum rotary control.



**5** Next, tighten the two upper straps to secure the thigh section of the brace to your leg. The chafes that you feed the strap through can be angled to ensure the straps fit flat against the back side of your leg.



**6** As a final step, push down on the brace to make sure it is strapped securely and stays in place. We also recommend that you straighten your leg and retighten the lower thigh strap to achieve maximum control.

**Illustration #1 (KNEE CENTER):** When you begin to put on your brace, it is important for the hinges to be aligned with knee center. The medical professional fitting your brace can show you the location of your Femoral Epicondyle (apex of the lateral condyle), which is the best landmark for identifying the axis of rotation of your knee joint. Additionally, when you tighten the Synergistic Suspension Strap in the flexion fold behind your knee, the hinges should be aligned at knee center at the right height on your leg.



**Illustration #2 (SHORTENING STRAPS):** The straps on your brace can be cut to any length. Simply remove the alligator closure from the end of the strap, cut the strap to the desired length, and reposition the closure onto the end of the strap. Be very careful not to cut any strap too short! Additionally, any comfort pad that is attached to the inside of a strap (see illustration) must be removed and cut shorter if the pad interferes with your ability to completely tighten the strap. You can cut the pad and re-center it on the strap.



**Illustration #3 (SUSPENSION):** The Synergistic Suspension Strap is attached to the outside of the frame and is designed to wrap inside between the brace's lower shell and your leg. The strap is also angled to match the natural contour of the top of your calf muscle. This strap should be tightened in the flexion fold in the back of your knee.



# ***REBEL SERIES BRACING*** Patient Instructions

Whether you are a professional athlete, weekend warrior or merely someone who needs support for activities of daily living, Townsend's Rebel knee braces are designed to perform. Townsend Rebel braces set the industry standard for control, comfort and patient convenience. This type of brace is 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.

## **Brace Care and Maintenance**

**Hinges** -- The hinges on your brace are pre-lubricated. If sand, dirt or water get inside the hinges, they may require periodic lubrication. If you notice the hinges 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 strap do not adhere as well to the Velcro "hook" tab, if possible, cut the strap 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. Certain straps may also have pads. Do 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 anti-bacteria 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**

Comfort pads, condylar pads, hinge covers, straps and other parts on your brace may need to be repaired or replaced due to normal wear and tear. If your brace requires repairs or replacement parts, you should contact the professional who assisted you in ordering and fitting your brace. Certain parts are covered by a limited warranty (see information below).

## **Undersleeves & Protective Covers**

This brace has a soft liner and is designed to be worn directly against the skin. Neoprene or cotton undersleeves may be ordered if you prefer to wear a sleeve under your brace. Wearing an undersleeve may enhance comfort, however, a sleeve can potentially cause the brace to slip down your leg. If you intend to wear your brace for high intensity sports (football, soccer, baseball, etc.) Or activities that may expose the brace to objects that could damage the painted shells, we strongly recommend that you speak with the medical professional who fit your brace about ordering a protective cover. A cover is also often required for team sports.

## **WARRANTY**

Under normal use and conditions, the shells and hinges on your brace are covered by a one year 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.