

RELIEVER ONE OA BRACING Patient Instructions

Patient Benefits and Physical Activity -- Take It Slow

There are two primary benefits to be achieved from wearing the Townsend RelieverOne. First, you should experience a reduction in pain. This should allow you to increase your physical activities. Second, the brace will help slow down the degeneration of your knee joint.

The pain relief you experience may make you feel like walking farther and doing more physically strenuous activities. Be careful, especially initially, not to overdo things. It may take several weeks to feel comfortable with the brace on your leg. We recommend that you initially wear the brace for only a few hours a day. You may experience mild aching in your knee joint as your leg muscles and ligamentous tissues stretch to allow the joint to open. If you experience severe pain that is hard to tolerate, skin irritation or numbness, you should stop wearing your brace and contact the medical care professional directing your care.

Please see reverse side for simple fitting instructions. If you have questions regarding the use, care, or fitting of the brace, please speak with the medical professional who provided your brace.

Carefully follow your physician's instructions regarding physical activities. If you are provided the tool for increasing the angulation of the corrective force paddle, please do not move the paddle too much -- as too much force could cause other tissues in your knee to be stretched and injured. Contact the medical professional who fit your brace if you have any questions or experience any problems.

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, two drops of a synthetic lubricant is sufficient. You can typically purchase this type of lubricant at a hardware store. Apply the lubricant and move the hinges back and forth.

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

Pads -- Soft synthetic nylon pads inside the shells act as a comfortable interface between your leg and the brace. Do not remove the pads from the brace. You should wipe off any moisture (water or sweat) on the pads after each use and let the pads air dry (do not wash pads in a machine or dry with a blow dryer).

Parts and Service

Comfort pads, foam condylar pads, straps and strap pads may need to be replaced periodically based on use and wear. Charges may be waived for parts under warranty. For any repairs or replacement parts please contact the professional who assisted you in ordering and fitting your brace.

Warranty

The superstructure (aircraft aluminum frame) and hinge on your RelieverOne brace are covered by a one year limited warranty against defects in craftsmanship. This warranty provides repairs of non-cosmetic damage to the brace that occurs under normal use and conditions. A protective cover should be worn over the brace for sports and activities that could damage the finish of the brace. Straps, comfort pads and other replacement items are covered by a six month limited warranty. If you experience a problem, you should call the medical provider that supplied you with the brace.

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, general health, severity of OA, and/or lack of compliance with instructions for how to put on and use the product. Townsend Design is a 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.

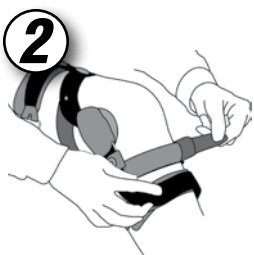
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Fitting Instructions

TO START: RelieverOne braces should be applied sitting in a chair with your leg bent at approximately 45 degrees of flexion.



While keeping the hinge and condylar pad centered on the side of your knee, tighten the synergistic suspension strap. It should be positioned in the flexion fold on the back side of your knee, on the top of your calf muscle. Note: The rubber padding on this strap can be peeled back and cut shorter if it prevents you from tightening the strap securely. **This is the most important strap for keeping the brace secure on your leg and preventing it from slipping down.**

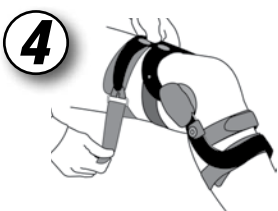


Next, tighten the anterior (front) shin strap. Be certain that the brace hinge remains in the proper position in the center of the side of your

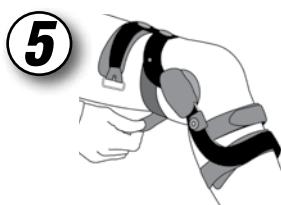
leg and does not move too far forward as you tighten the strap. **NOTE: Because this strap sits on the front of the leg, you do not have to open this strap each time you apply or take off your brace. Following the initial application, it should be left closed to aid in positioning the brace.**



Tighten the distal (bottom) calf strap to secure the lower tibial band to the leg.



Next, tighten the two thigh straps to secure the brace to the leg.



As a final step, the lower thigh strap should be retightened with your leg in full extension (straight) to achieve maximum control.

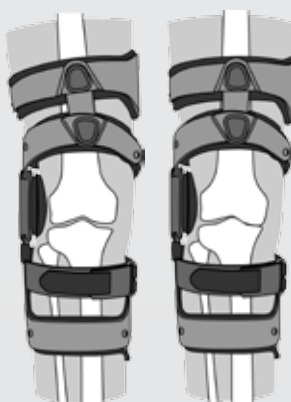


Note: The straps on your RelieverOne brace can be cut to any length, but it is best to leave them longer initially. **Be especially careful not to cut any strap too short.** If you do, it may have to be replaced if your leg size grows. Strap pads can also be cut shorter if they prevent the strap from being tightened.

General Instructions For Positioning The Brace

Position the brace on the leg so that the foam condyle pad, attached to the inside of the hinge, presses against the side of the knee. The middle of the pad should line up with the center to upper third of the your knee cap. It is better to put the brace on a little high than too low. It is also important to make sure the condyle pad is set approximately in the center of the side of your knee when it is bent and not too far back (posterior) on the leg. When you fully straighten your leg, the pad will move further back on the leg (approximately 2/3 back from the front of your knee).

How The RelieverOne Works



Osteoarthritis alters the natural characteristics of the knee joint. This generally occurs as part of the aging process or as the result of an earlier injury or surgery. OA often causes degeneration of the articular cartilage and the knee menisci

which provide a natural cushion between the bones in the knee. Patients with OA will often have abnormal angulation of the leg-- medial OA causes the knee to bow out and lateral OA causes the knee to bow inward. When you are standing or walking, the body's weight is concentrated on the damaged side of the knee. This bone-on-bone loading causes pain and other symptoms during and after routine physical activities.

The RelieverOne is fabricated with a very rigid superstructure and uses an adjustable corrective force paddle to create a three point pressure system (**see picture, above**). The brace helps maintain normal alignment (reduced bowing) and redistributes weight through both sides of the knee and the shells of the brace. Relieving some of the load on the damaged side of the knee generally relieves pain and reduces the continued degeneration of the joint.