

TROM Knee Orthosis

Care and Use Instructions

This orthosis is designed to hold the affected knee in a stable position as healing occurs. This is done by limiting the motion of your knee joint as determined by your physician. The orthosis limits both the normal front to back bending of the knee, and the any side to side motion of your knee.

The orthosis can be worn over your clothing, quite snug. It has been adjusted to fit your affected leg. The range of motion stops on both hinges must be the same, have been set as prescribed. Do not adjust these unless instructed by your physician. Do not disassemble the orthosis.

APPLICATION

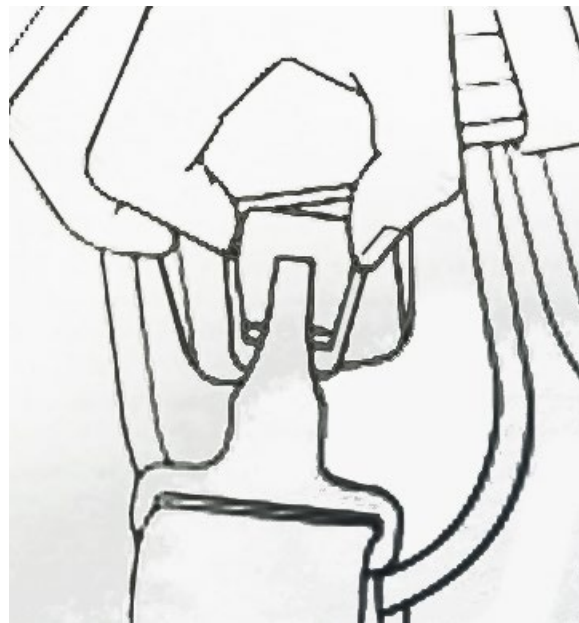
Place the brace on a flat surface, such as a bed. Place your leg onto the brace so the hinge center is aligned with the center of your knee. Attach the 1" calf strap first. Wrap around and pull through the "D"-ring. Snap the quick release buckles into place. Straps should be very snug, but not tight. If the brace feels like it is slipping, try tightening the calf just below your knee.

REMOVAL

Pinch the two buttons on the quick release buckles to release it. DO NOT adjust the Velcro straps.

The orthosis should be worn at all times unless specified by the attending physician. If you have any questions or problems, please contact your physician or orthotist.

NOTE: Weight gain or loss may possibly change the design and manufacture of the orthosis delivered. Please contact your orthotist if this occurs to prevent potential injury.



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