

OA Dual ROM Hinge Knee Brace

The ISO Preferred OA Dual ROM Hinge Knee Brace provides ROM hinge extension/flexion knee support and reduces the time it takes to heal discomfort from injuries or post-surgery. Please follow your orthopedic professional's instructions explicitly and adjust or discontinue use only as directed to achieve maximum benefit for your concerns.



ISO Preferred OA Dual ROM Hinge Knee Brace (KN209) provides stability for treating mild injuries of the Collateral ligaments, Menisci and Patellar retinaculum in addition to support and relief for Chronic knee pain or instability, Loose body in the knee, Chondromalacia, Chondromalacia of the patella, Internal derangement of the knee, Cartilage or Meniscus tears of the knee, Sprains and strains of the knee, and Old disruption of the anterior cruciate ligament. ROM hinges have Extension and Flexion control settings.

1. Fit the brace by applying to the knee for which it was prescribed, with the hinges on each side of the knee. If the fit is too small or too large, or hinges are not properly positioned, note the amount of adjustment needed and remove. With inside facing up, lay the brace on a flat surface and open the front closure straps. Separate the brace into 2 pieces by unfastening the advanced gripping material. Overlap or extend as needed by reattaching the 2 pieces. Place the adjusted brace on knee and confirm the fit. Adjust again as needed.
2. Open the ROM hinge cover. Set the ROM (Range of Motion) on each hinge to the desired or prescribed level of extension/flexion.
3. APPLICATION: Place the brace around the knee, aligning the hinges with the center (bend) of the knee cap on both sides of the knee.
4. Fasten Straps. Feed the top closure strap through the plastic bracket. Secure top tab at thigh. Repeat for bottom strap. Make sure the straps are secure and the hinges align with the center of the knee. With straps attached, the brace should fit snugly to minimize brace movement. Tighten and re-adjust as needed. **DO NOT OVERTIGHTEN.**





INTRODUCTION

Your **ISO Preferred OA Dual ROM Hinge Knee Brace (KN209)** is designed to provide your body with the support and stability that it needs to successfully manage or eliminate your mobility concerns. It is critical that you follow your orthopedic professional's directions closely to ensure that the apparatus is worn properly and in the manner that will be most beneficial in addressing your issues. For correct application, please read the enclosed instructions and watch the on-line instructional video (if available) at www.ISOPREFERRED.COM so that this device can provide you with superior long-term usability and care.

USAGE RECOMMENDATIONS

It is vital that you read the included instructions and when applicable watch the instructional video for the **ISO Preferred OA Dual ROM Hinge Knee Brace (KN209)**. The brace is intended for application by qualified professionals only. It is not recommended for patients to fit or apply or adjust their new brace without an orthopedic professional's expertise, unless otherwise instructed. Further questions regarding adjustments or changes, frequency of use, and/or duration of use should be presented to your orthopedic professional, as they are familiar with the specific needs and conditions, for which this device was prescribed.

CARE AND CLEANING INSTRUCTIONS

Please do not place your brace in the washing machine or dryer at any time. When preparing to clean your **ISO Preferred OA Dual ROM Hinge Knee Brace (KN209)** you will want to separate the parts where applicable and care for them individually.

- Do not dry clean, iron, bleach, or use an abrasive cleaning instrument on any part of the brace. Failure to follow these instructions may damage your brace and void the manufacturer's warranty and it may no longer work properly.
- Remove hinges from brace before washing.
- Hand wash each section in cold water with a mild detergent. Lay flat to air dry.
- Allow all parts to air dry prior to reassembling the device.

CAUTION

The **ISO Preferred OA Dual ROM Hinge Knee Brace (KN209)** is for single patient use only. While every effort has been made to obtain maximum strength, function and durability, there is no guarantee that injury will be prevented through the use of this device, especially if the instructions are not followed correctly. **DO NOT OVERTIGHTEN.**