

Instructions and Care Plan for the Comfy™ Locking-Knee Orthosis (LK-101/LK-102)

1. Write patients last name on cover(s) using permanent marker or indelible ink.

2. Open Velcro straps. Notice one of the straps is a little longer than the others. The longer strap should be placed at the upper end of the knee (over the thigh).

3. After passive range of motion of the Knee, to allow for maximum Knee extension, place Orthosis along the inside flexor surface of the Knee with Ring at the Bottom of the Knee.



Pull Ring



Set Angle While Pulling Ring



Release Ring in Slot

4. The Comfy™ Locking-Knee Orthosis splint can be adjusted to limit the range of flexion or extension of the Knee as desired. Pull ring out, bend splint to desired degree of variance and let tab pull into position. Splint will then lock.

5. The two splint cuffs can be adjusted to the diameter of the patient's thigh and calf. Merely press the Orthosis against a firm edge (e.g. table, countertop or chair edge) while firmly holding and leaning on both ends. Do not remove insert from fabric cover, as all positioning can be done while insert is in the cover. The Comfy™ Locking-Knee Orthosis is easily adjusted and re-adjusted to any desired angle and maintains its shape. Several adjustments can be performed rapidly to obtain the desired optimal angulation.

6. Once the desired angulation for the Knee is achieved, re-close the zipper, wrap the straps around the thigh and calf and secure with Velcro. Note the middle, split strap has an opening for the Knee. It is suggested that the therapist maintain two finger spaces under the straps to prevent excessive pressure areas on the patient's skin.

If any of the metal cuffs become exposed, cease using the device. Comfy™ Locking Knee Orthosis requires a physician prescription and should be applied and supervised by a trained healthcare professional. If signs of redness, swelling or pain appear - discontinue use, and notify physician.

CARE PLAN

INTRODUCTION: The Comfy™ Locking-Knee Orthosis is a patient specific product that can be easily fitted and labeled for single patient use upon order of a physician. It should be used only in connection with a care plan and custom fitting instructions by a trained health care professional.

INDICATIONS: This Comfy™ Locking-Knee Orthosis is to be used with patients who present with knee flexion pattern, arthritic changes and any deformity related to neuromuscular impairment.

RESULTS: The Comfy™ Locking-Knee Orthosis will help increase/maintain knee extension. It also prevents further deformity, maximizes ROM, and makes maintenance of good hygiene of the involved extremity easier. The terry cloth cover helps absorb moisture and allows for air circulation, thereby helping prevent skin maceration.

CONTRA-INDICATIONS: The Comfy™ Locking-Knee Orthosis should not be used if the patient has any circulatory problems, pressure areas or skin irritations.

FITTING INSTRUCTIONS: The Comfy™ Locking-Knee Orthosis should be applied and fitted *only by a trained professional*. Fit and shape Orthosis according to patient's requirements and as indicated in instructions. Check Orthosis fit and place two fingers under strap to ensure strap is not too tight.

WEARING TOLERANCE: Check Comfy™ Locking-Knee Orthosis at least every two hours until removed, to see if there are any problems such as skin abrasions, redness, blisters, or increased edema (if straps are too tight). With patients who have sensory deficits, the Orthosis should be checked more frequently.

MAINTENANCE OF ORTHOSIS: The Cover of the Comfy™ Locking-Knee Orthosis is designed to be removed for laundering. The fabric cover can be washed by hand or by machine in lukewarm water. Do not use bleach or hot water. Air or tumble dry on cool or warm setting. Wiping both sides with a solution of warm water and detergent or with disinfectant can clean the bend-able white insert. If any of the metal frames becomes exposed, cease using the device.

