



vive®

# ROM HINGED KNEE BRACE

Owner's Manual  
SUP1088

## WHAT'S INCLUDED

- 1 pc ROM Hinged Knee Brace

## HOW TO ADJUST THE LENGTH

### From 18 inches up to 23.5 inches

**IMPORTANT:** The brace will come set to the smallest size so you will need to adjust the length to fit your needs before you use it.

1. Use the push button mechanism on the sides of the brace to push down and slide the leg supports up or down. All four leg supports are movable.





Note: However you adjust the supports on one side of the brace, you should adjust accordingly on the other side as well.

## HOW TO POSITION THE SPLINT PROPERLY

The splints should be positioned running along the side of your leg and the top should be centered at the middle of your thigh.



The main hinge should be centered against the side of your knee cap.



## HOW TO ADJUST THE BRACE TO FIT

**NOTE:** The brace will come set to the smallest size so you will need to adjust the straps and length to fit your needs before you use it. If you have mobility issues, help from another person may be needed.

**⚠️ WARNING:** Please note that the maximum leg circumference that this brace will fit is 18 inches at the bottom of the brace and 22 inches at the top of the brace.

1. Undo the straps and the plastic clips and lay the brace on a flat surface such as a bed or the floor. Make sure the end of the brace with the Vive logo is at the top. The angle setting should be upright when looking down.



2. Place your leg in the middle of the brace so that the side of your kneecap lines up with the hinges on the brace. Please see the Proper Positioning section for more information.



3. Secure the strap that is the second from the top first. This one should be right above your knee. Adjust to fit as needed.



4. Secure the strap second from the bottom next. This one should be right below your knee. Adjust to fit as needed.



5. Once properly positioned and adjusted to fit, secure the remaining straps



6. Once you adjust the brace to your desired length and fit you can use the buckles to easily remove and put on the brace without having to adjust each strap length.



# HOW TO ADJUST THE STRAPS

Each strap comes with removable alligator or Y straps.



1. If the straps on the brace are too long you may remove the alligator or Y strap and fold or cut the fabric strap to fit.

**IMPORTANT:** Be careful to test the length of your strap before you cut it.





2. Once folded or cut to fit, replace the alligator or Y straps.



## HOW TO CHANGE THE FLEXION (BEND) DEGREES

1. With the splint set in a straight position (not bent), press and hold the middle push button as you slide the adjustable slider labeled Flexion to select the angle you need. Your options are open (straight), 90, 70, 40, or 30 degrees.



Note: Whatever bend you set on one side of the brace, you must also set on the opposite side.

## HOW TO CHANGE THE EXTENSION

NOTE: Before you attempt to lock the angle of extension you should make sure that the brace is either already positioned at that angle or further above. If it is not, the adjustable slider will not lock at the desired angle. For example, if you want to lock the extension at 10 degrees, you need to ensure the brace angle is either positioned at 10 degrees or higher.

Press and hold the middle push button as you slide the adjustable slider labeled Extension to select the angle you need. Your options are 30, 10, 0 and -10 degrees.

Note: Whatever extension you set on one side of the brace, you must also set on the opposite side.



## UNLOCK OR LOCK AT A SPECIFIC FLEXION (ANGLE)

To lock the angle permanently, set the brace to the desired angle. Press and hold the middle push button as you slide the adjustable slider labeled Lock to select the angle you need. Your options are -10, 0, 10, 20, 30, 40, 50, 60, 70, 80, and 90 degrees.



Note: Whatever angle you set on one side of the brace, you must also set on the opposite side.

## CARE INSTRUCTIONS

- To clean the pads, remove from the brace and machine wash in cold water with mild detergent. Tumble dry on a low setting. The pads can also be hand washed.
- To clean the adjustable straps, remove the alligator or Y straps and the plastic buckles machine wash. Hang to dry. DO NOT tumble dry the straps.

## WARNINGS

- This device does not prevent injury and is not intended to reduce or eliminate the risk of injury.
- Always consult with your physician before using or making changes to the fit of the brace.
- Carefully read all instructions for use before using or fitting this product.
- If you experience pain or swelling, contact your physician immediately.
- This device is intended for single patient use.
- The brace is not waterproof. Do not submerge in water and dry immediately if it gets wet.

# SPECIFICATIONS

- Length range: 18" - 23.5"
- Max circumference range (Top Straps): 22"
- Max circumference range (Bottom Straps): 18"
- Brace weight 1.8 pounds
- Adjustable flexion:
  - Open
  - 90 degrees
  - 70 degrees
  - 40 degrees
  - 30 degrees
- Adjustable Extension:
  - 30 degrees
  - 10 degrees
  - 0 degrees
  - -10 degrees