

## BRACE CARE

Liners and pads must be cleaned regularly depending upon your activity level and perspiration. Frame pads and condyle pads are held in place by hook fasteners and can easily be removed. Straps are not removable, but can be lengthened for cleaning. Wipe or HAND WASH with a MILD anti-bacterial soap, rinse well, and then AIR DRY. Replace and position properly by pressing firmly against the fasteners.

## CLEANING HINGES

The hinges on your brace are pre-lubricated. If sand, dirt or water gets inside the hinges, they may require cleaning and lubrication. Remove the condyle pad, clean the hinge thoroughly and re-lubricate with any common synthetic lubricant (grease) from a hardware store. Check that the hinge is gliding smoothly and reassemble.

## PARTS, SERVICE & WARRANTY

Straps, liners and other comfort pads may need to be replaced due to normal wear and tear. If your brace requires replacement parts, you should contact the professional who assisted you in ordering and fitting the brace.

Under normal use and conditions, the frames and hinges on your brace are covered by a one year warranty against defects in craftsmanship and breaking. Straps, liners and other comfort pads are backed by a six month warranty.

**U.S. Patent No:** Patent Pending

**PART NUMBERS:** 301261-XX; 301262-XX.

-XX	-01	-03	-05	-07	-08	-09
	XS	SM	MD	LG	XL	2XL

PN PL0067 REV A 1014



**OA NōVEL**  
MEDIAL KNEE BRACE

**Brace Fitting Instructions**

**WARNING:** CAREFULLY READ FITTING INSTRUCTIONS AND WARNINGS PRIOR TO USE. TO ENSURE PROPER PERFORMANCE OF THE BRACE, FOLLOW ALL INSTRUCTIONS. FAILURE TO PROPERLY POSITION THE BRACE AND FASTEN EACH STRAP WILL COMPROMISE PERFORMANCE AND COMFORT.

**WARNING:** IF YOU EXPERIENCE INCREASED PAIN, SWELLING, SKIN IRRITATION, OR ANY ADVERSE REACTIONS WHILE USING THIS PRODUCT, IMMEDIATELY CONSULT YOUR MEDICAL PROFESSIONAL.

**WARNING:** THIS DEVICE WILL NOT PREVENT OR REDUCE ALL INJURIES. PROPER REHABILITATION AND ACTIVITY MODIFICATION ARE ALSO AN ESSENTIAL PART OF A SAFE TREATMENT PROGRAM. CONSULT YOUR MEDICAL PROFESSIONAL REGARDING SAFE AND APPROPRIATE ACTIVITY LEVEL WHILE WEARING THIS DEVICE.

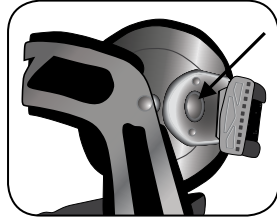
**CAUTION:** CARE AND CLEANING OF THIS PRODUCT IS ESSENTIAL TO ITS CONTINUING STRENGTH AND PERFORMANCE. FOLLOW REMOVAL AND CLEANING PROCESS DESCRIBED IN INSTRUCTIONS.

**CAUTION:** FOR SINGLE PATIENT USE ONLY.

**CAUTION:** WHEN WEARING BRACES BILATERALLY, MODIFY ACTIVITY AS NECESSARY TO KEEP MEDIAL HINGES FROM CONTACTING EACH OTHER.

**INDICATIONS:** Unicompartmental OA (medial), Chondral defect procedures, and meniscal procedures. This product was designed to complement the variety of medical treatments common to the above afflictions. The frequency and duration of use should be determined by your medical professional.

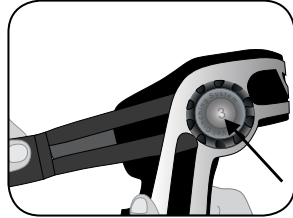
## APPLICATION INSTRUCTIONS



### A: RELEASE THE STRAPS

Release the straps by depressing the quick release buckle on the medial side of the frame. Do this on all four straps.

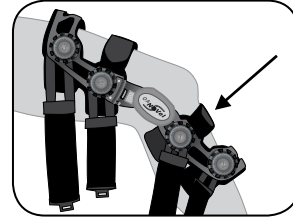
*The Tibia Strap and Femur Strap do not have Release Buttons. Loosen both straps at initial fitting.*



### B: LOOSEN STRAPS

Lengthen the straps by depressing the center of the cinching dial and pulling on the straps. Do this for all 4 straps.

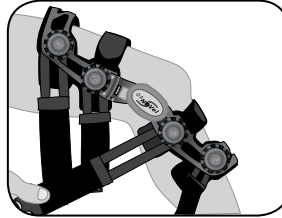
Next, sit at the edge of a chair with your knee at 30°.



### C: TIBIA STRAP

Unfasten hook/loop on the Tibia Strap and tighten so that the center of hinges line up with the medial and lateral condyles of the knee.

*The Tibia Strap should only be adjusted at initial fitting. Patient should not readjust unless the hinges are misaligned with the knee.*

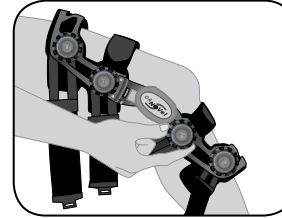


### D: STRAP #1

Pull Strap #1 taut and **ensure that the strap is not twisted.**

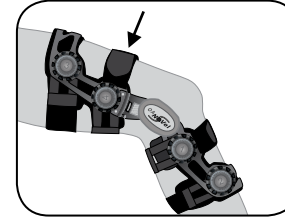
Engage Strap #1 by wrapping it around the back of the leg and inserting the Strap Tab into the Quick Release Buckle.

Add tension to the strap by rotating the cinching dial until a snug fit is achieved (*see image in Step E*).



### E: STRAPS #2, #3, #4

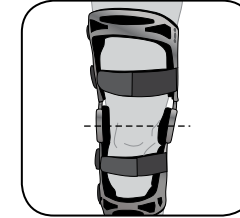
Repeat **Step D** for Straps #2, #3 and #4.



### F: FEMUR STRAP

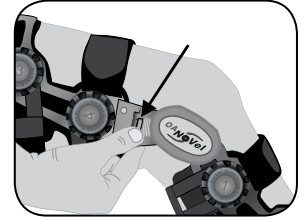
Tighten the Femur Strap until a snug fit is achieved.

*The Femur Strap should only be adjusted at initial fitting. Patient should not readjust unless the hinges are misaligned with the knee.*



### G: CHECK ALIGNMENT

Once the brace is properly fitted, stand up and ensure that the hinges are aligned with the center of the patella.



### H: ADJUSTMENT DIAL

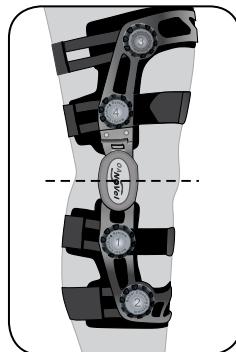
The Adjustment Dial is designed to offer increased unloading, if needed. It ranges from 0 to 5, with 5 delivering the maximum unloading. To adjust the dial, sit in a chair with the knee bent at 30 degrees and rotate the dial to the desired setting.

## APPLICATION INSTRUCTIONS

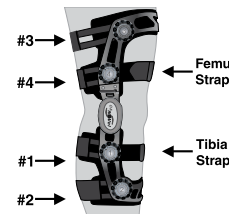
### I: FINAL CHECK

Stand up with the leg in full extension and check to ensure the center of the hinges aligns with the center of the patella.

Walk around for a few minutes and allow the brace to settle into place. Adjust the tension of the straps and the Unloading Dial as needed.



## IMPORTANT: STRAP ORDER



### FOLLOW CORRECT STRAP ORDER

All straps are numbered in numerical order, with the exception of the Tibia and Femur strap (which are not labeled). It is important to apply the brace according to the numerical order to ensure optimal protection and fit.

## FITTING TIPS

### CONDYLE PAD

The medial and lateral condyle pads should make full contact with the knee. In case of a gap or irregular fitting between the medial or lateral side, use the extra 5mm or 15mm condyle pads provided to achieve a perfect fit for both sides (10mm condyle pads are installed).

