

RANGE OF MOTION—HINGE ADJUSTMENT

The brace is shipped with a 0° hinge extension stop installed. Additional extension (EXT) and flexion (FLEX) stops are included with each brace, as well as the tools required to change the stops.

When changing FLEX or EXT stops, be sure that the screws are tightened securely and that both medial and lateral hinge stops are identical. The following EXT & FLEX stops are included:

EXT: 0°, 10°, 20°, 30°, 40°, 50°

FLEX: 45°, 60°, 75°, 90°, LOCKOUT

ADJUSTING FLEX AND EXT STOPS

1. REMOVING CONDYLE PAD

Remove the condyle pads by detaching them from the inside of the hinge.

2. REMOVE SCREW

Remove the EXT stop screw by using the Allen wrench provided (turn counter-clockwise to remove). Remove the pre-installed 0° EXT stop.

3. INSTALL STOP & REPLACE SCREW

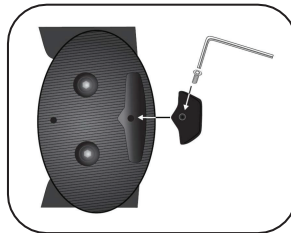
Choose the proper EXT or FLEX stop and screw into place as illustrated below. **NOTE:** The FLEX stop must be inserted between the hinge plates.

IMPORTANT: Replace the medial and lateral hinge with the same degree EXT or FLEX stops. Do not over-tighten screws.

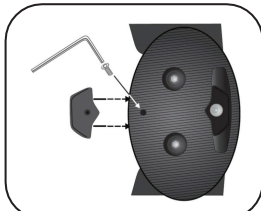
4. NOTE: A Lockout Stop is included and can be used in combination with the 0° EXT Stop to immobilize the knee.



Condyle Pad Removal



EXT Stop Adjustment



FLEX Stop Adjustment



Lockout Stop

BRACE CARE

Liners and pads must be removed and cleaned regularly depending upon your activity level and perspiration.

All liners and pads are held in place by hook fasteners and can easily be removed from the frames, hinges and straps. Wipe or HAND WASH with a MILD anti-bacterial soap, rinse well, 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, open the hinge screws with the provided Allen wrench, and 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: 300851-XX; 300852-XX, 300853-30.

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

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FKB NōVEL
STEP-THRU

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 LICENSED HEALTH CARE 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: THIS BRACE IS INTENDED TO INCREASE SUPPORT AND PROPRIOCEPTION ON A PREVIOUSLY INJURED OR HEALING KNEE.

INDICATIONS: ACL, ACL/PCL Deficiencies; ACL, ACL/PCL reconstructions; Collateral ligament deficiencies; Collateral ligament deficiencies with ACL involvement; MCL and/or LCL sprains; Hyperextension. 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 prescribing healthcare professional.

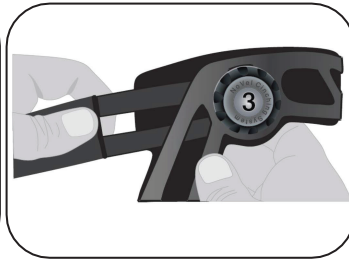
APPLICATION INSTRUCTIONS



A: UNFASTEN BUCKLES

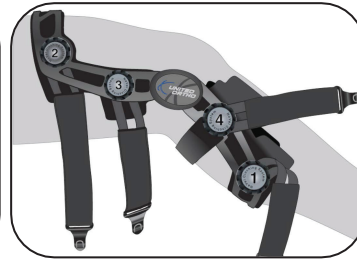
Release the four straps by depressing the Quick Release Buttons on the medial frame.

Strap #5 should only be adjusted once during the initial fitting. If this is the initial fitting, loosen strap #5.



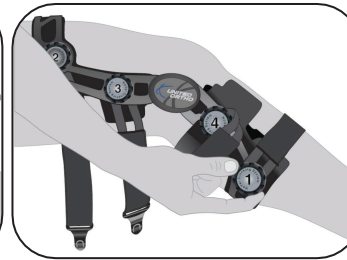
B: LOOSEN STRAPS

Depress the release button in the center of all four dials. The straps can now be pulled on to increase the length as needed during the fitting process.



C: STEP THRU & POSITION

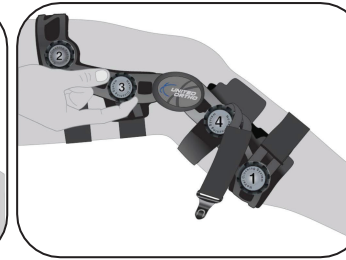
Step thru the brace and sit with the knee bent between a 30°-45° angle. Position the brace so that the center of the hinge aligns with the top of the patella.



D: STRAPS #1 & #2

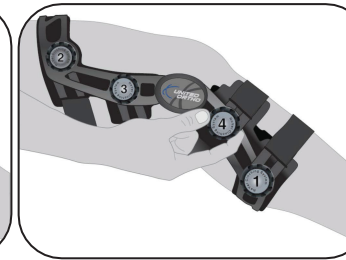
Engage Strap #1 by inserting the Strap Tab into the Quick Release Buckle. Add tension to the strap by turning the dial, (clockwise on a right knee, counterclockwise on a left, until a snug fit is achieved).

Follow the same steps for Strap #2.



E: STRAP #3

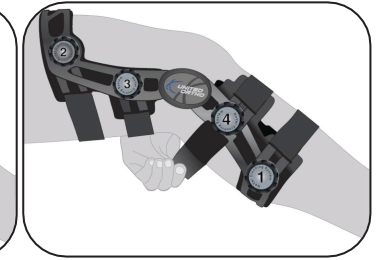
Engage Strap #3 by inserting the Strap Tab into the Quick Release Buckle. Tightening Strap #3 will cause the hinges to be pulled toward the back of the knee. Tighten until the centers of the hinges are approximately .5" behind the centers of the condyles.



F: STRAP #4

Insert Strap #4 into the Quick Release Buckle. Tightening strap #4 will cause the hinges to be realigned with the center of the knee. Tighten until the centers of the hinges align with the centers of the condyles.

Do not pull beyond midline of the leg.



G: STRAP #5

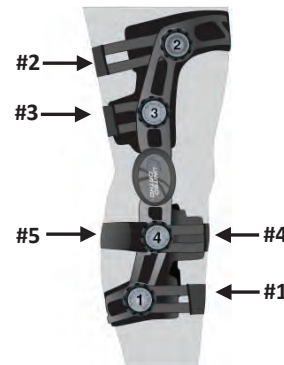
Strap #5 does not have a Quick Release Buckle or cinching knob. Tighten Strap #5 until snug.

Strap #5 should only be adjusted once during initial fitting. Patient should not adjust once it has been set by fitter.

IMPORTANT: STRAP ORDER

FOLLOW CORRECT STRAP ORDER

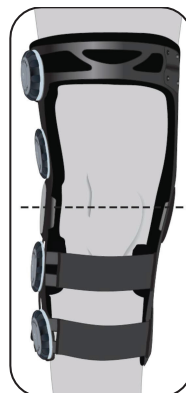
All straps are numbered in numerical order (with the exception of Strap #5 which is not labeled). It is important to apply the brace according to the numerical order to ensure optimal protection and fit.



H: 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.

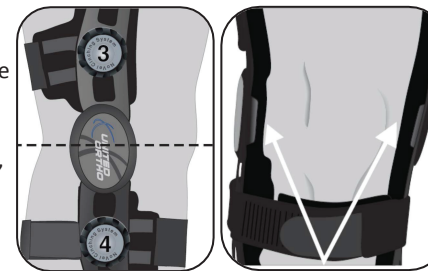
Straps should be retightened during activities to ensure a snug fit.



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).



ADJUSTING PAD LENGTH

For optimal fit and comfort, ensure Strap Pads are centered on the leg when straps are tightened. If a Strap Pad is too long, remove the pad from strap and trim excess with scissors.

