

# OA DUAL UPRIGHT FLEXION/EXTENSION KNEE BRACE

The ISO Preferred OA Dual Upright Flexion/Extension Knee Brace is a lightweight double upright knee orthosis with adjustable ROM hinges for flexion/extension and is designed to guide and stabilize the knee joint using limitation of range of motion to prevent hyperextension. The solid metal double uprights provide medial/lateral control. A tool set includes custom hinge stops to provide individualized flexion/extension settings. Models are left or right knee oriented and sizes are S to XL, allowing the brace to fit a wide variety of patients.



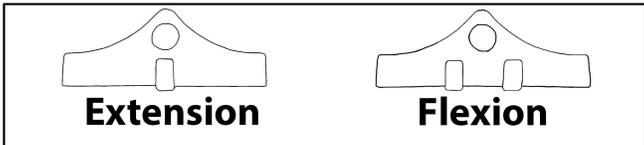
ISO Preferred OA Dual Upright Flexion/Extension Knee Brace (KN23xx) is intended for ACL, MCL, LCL, PCL or mixed instabilities, Osteoarthritis, Rheumatoid arthritis, Meniscal cartilage derangement, Chondromalacia of the patella, Tears or instability of the collateral ligaments.

**PREPARATION:**

Do not wear the brace over clothes. Carefully cut off the attached plastic bag with the extension and flexion parts and set aside.

**APPLICATION:**

1. Open all closure straps, leaving the brace open. Sitting on the edge of a chair, step into the brace with the upper thigh aluminum frame on the front of the leg and the lower calf aluminum frame on the back of the leg. Flex your knee to 45 degrees. Position the joints (covered condylar hinge pads) so that the center of the hinges are level with the top of the kneecap.
2. First, find the front calf straps. Fasten the lowest front strap around the front of the calf.
3. Next, find the uppermost thigh strap on the back of the brace and fasten. Keep your knee in a flexed position and push both brace joints toward the back of the leg, aligning the knee to the hinge.
4. Find the lower thigh strap in the back and fasten. Ensure that the hinge joints are not sitting in front of the midline of the leg.
5. Next, find the upper calf strap (5a) at the front and fasten. Find the upper calf strap (5b) in the back and fasten.
6. Finish by fastening the lower thigh strap (6a) in the front. Each strap includes a gripping comfort cushion. Place the gripping comfort cushion as desired for a secure and snug fit on all six (6) straps, to keep the brace in the proper position (6b).
  - Bend your knee slightly a few times and make any adjustment as needed.
  - If the fit is too small or too large, or hinges are not properly positioned, unfasten, adjust and refasten the straps again in the order described above to prevent the brace from slipping. **DO NOT OVERTIGHTEN.**
7. ROM Hinge Adjustment: Using provided Screwdriver, loosen both screws on the outer hinge cover. Per physician's instructions, identify the correct Hinge Stops with correct degree markers for the Flexion, Extension or both (see illustration below to identify the hinge stops by markings on the back side of each). Insert the selected Hinge Stop(s) into the correct side of the Hinge. Insert screws into holes and tighten until screw top is flush with hinge plate cover. Repeat these instructions for the inner hinge cover.





### INTRODUCTION

Your ISO Preferred OA Dual Upright Flexion/Extension Knee Brace (KN23xx) 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](http://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 Upright Flexion/Extension Knee Brace (KN23xx). 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 the ISO Preferred OA Dual Upright Flexion/Extension Knee Brace (KN23xx) 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 the pads and straps for hand washing. Wipe the metal brace and hinges with damp cloth.
- Hand wash pads and straps 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 Upright Flexion/Extension Knee Brace (KN23xx) 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.**

SKU	SIZE	THIGH CIRCUMFERENCE	CALF CIRCUMFERENCE
ISO-KN230L	Left Small	15.5"-18.5"	11.5"-14.5"
ISO-KN231L	Left Medium	18.5"-21"	14.5"-17"
ISO-KN232L	Left Large	21"-23.5"	17"-19.5"
ISO-KN233L	Left X-Large	23.5"-26.5"	19.5"-22.5"
ISO-KN230R	Right Small	15.5"-18.5"	11.5"-14.5"
ISO-KN231R	Right Medium	18.5"-21"	14.5"-17"
ISO-KN232R	Right Large	21"-23.5"	17"-19.5"
ISO-KN233R	Right X-Large	23.5"-26.5"	19.5"-22.5"

