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Hinged Knee Brace Use:

You may have been given this brace if you have one of the following:

- 1) Knee ligament injury
- 2) Patella tendon/ligament injury
- 3) Quadriceps tendon injury
- 4) Postoperative protection for ligament and / or meniscus surgery

NOTE: Go to <http://www.djoglobal.com/products/donjoy/x-act-rom-knee> to see a complete video of the details of the ROM brace. If this is not your brace, keep in mind that most braces have similar components that do the same thing. See general instructions below.

- a. Make sure the side supporting bars are directly along the mid-thigh and leg area. The brace should extend from just above mid thigh to just above the ankle. See image below.



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- b. The sidebars are also adjustable to position the brace on the leg as described above. Press the buttons in to allow the straps to adjust along the sidebar.



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- c. The Velcro straps on the brace are removable to allow tightening. You may need to re-tighten the brace during the day to keep it snug. The straps are usually too long for your leg (this is done to accommodate many different leg sizes). The strap can be cut with scissors and the gator Velcro can be reattached to the strap.

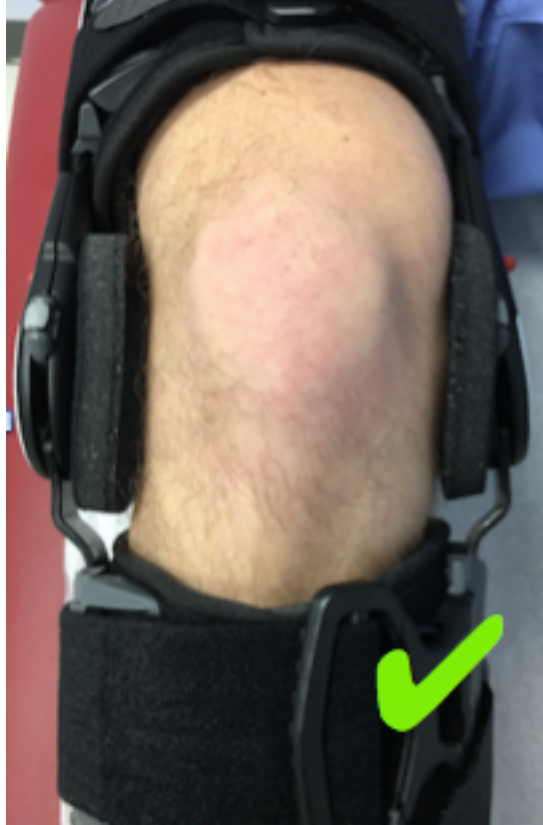


- i. Avoid the dials slipping toward the front of the knee.



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- d. Make sure the gears on the dials along the inside and outside of the brace line up with the knee at about the level of the kneecap.

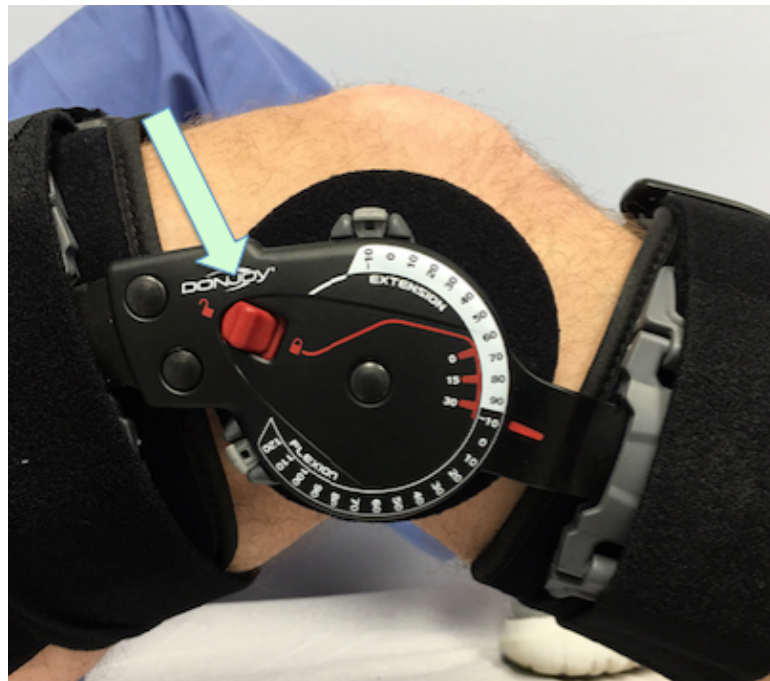


- i.
- e. Depending on your surgery, you may have your brace “LOCKED” so that it will not allow any motion, or “UNLOCKED” for motion. Note the closed lock on the dial of the brace. You will be instructed on when to start to open the brace for more motion.



i.

- f. You will click the switch to unlock when you have been cleared to start knee motion.

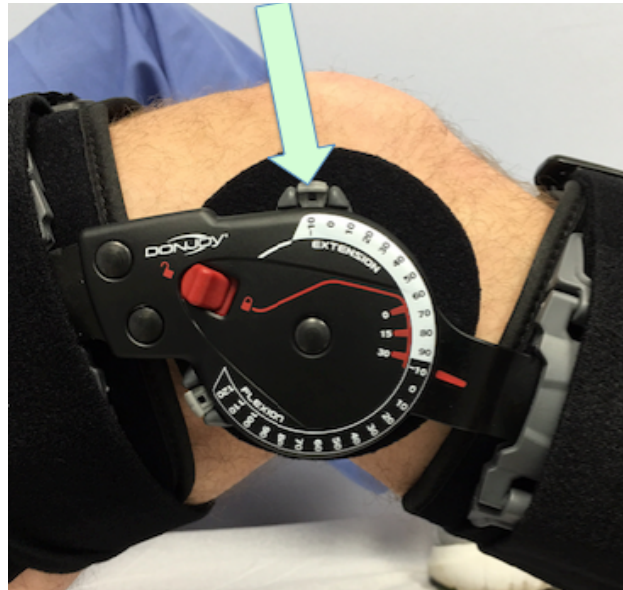


i.

- g. The gray tab can be pressed in to allow adjustment of the ankle on your brace. You will be instructed as to how much motion you are allowed.

The top button adjusts how much your knee will straighten.

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The bottom button adjusts how much your knee will bend.

