



THUASNE

Premier Reliever One



Medical Professional Instruction Guide

This brace was fabricated according to the order form you completed. A base level of correction was built into the brace during fabrication. To ensure the brace fits and functions properly, please follow these instructions for initially fitting and adjusting the brace. If you need assistance, please call Townsend Design's Repair Department, 800-432-3466, or ask to speak with a custom brace fabrication manager.

Preparing To Fit The Brace

Fit the brace with the patient seated on the edge of a chair with the leg bent at approximately 25-40 degrees of flexion. Open the four posterior straps. You can initially leave the two anterior straps closed.

Recommendations

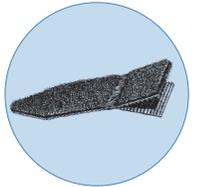
Have the patient reapply the brace to his or her own leg to demonstrate his/her understanding of the positioning and strapping of the brace. Instruct the patient to initially wear the brace only 2-4 hours a day when doing activities that have typically caused the greatest degree of discomfort. The patient can gradually increase use after the initial two weeks. Reschedule the patient for a follow-up visit within 30 days.

Trimming Strap & Pads

When strapping the brace for the first time, you should trim the straps and strap pads as needed to ensure the patient will be able to easily and adequately tighten the straps.

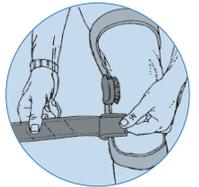
Trimming Straps:

To avoid cutting a strap too short, insert the strap through the chafe wire, remove the alligator hook tab, cut the strap to the desired length, then reapply the alligator tab.



Trimming Strap Pads:

Any pad that is too long can prevent the patient from completely tightening the strap. To shorten a strap, remove the pad and cut it short enough to prevent the pad from butting against the chafe wire.



Fitting Instructions



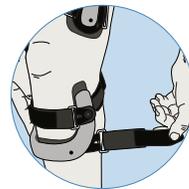
- 1) Position the brace on the leg with the hinge aligned at knee center.



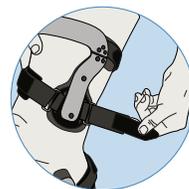
- 2) While no specific strapping order is required, we recommend that you teach the patient to begin with the Synergistic Suspension Strap. This strap should be tightened securely in the flexion fold behind the knee (using the calf muscle as a natural shelf). This strap is most critical for suspending the brace.



- 3) After tightening the Synergistic Suspension Strap, you may need to tighten or loosen the anterior tibia strap to set the anterior/posterior position of the hinge. The hinge should be at midline or just posterior to midline on the side of the knee. You should instruct the patient to NEVER tighten or loosen this strap after you set it.



- 4) Tighten the bottom and top straps, making sure the hinge remains at knee center and the shells are in full contact with the leg.



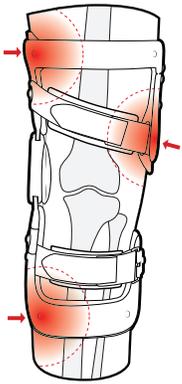
- 5) Tighten the distal posterior thigh strap. This strap will increase corrective force by angling the Adjustable Force Buttress into the leg. You can then loosen or tighten the anterior thigh strap to increase or decrease the correction applied by the Buttress. Once you have set the anterior strap, the patient should only need to tighten the four posterior straps each time they put on the brace.





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Adjusting Corrective Force

The Adjustable Force Buttress provides comfortable counter force just proximal to the knee joint. The three-point pressure applied by the brace helps to maintain normal leg alignment and reduce load on the compromised compartment. The AF Buttress is connected to the upper band by flexible inserts that allow the Buttress to angle and press into the side of the

leg when the anterior and posterior straps are tightened. You can adjust the anterior strap during the initial fitting, and the patient can leave it closed and simply tighten the posterior strap when putting on the brace. To increase correction, the patient can adjust the anterior strap.

You can also increase corrective force by installing a thicker condylar pad (included with the brace) on the hinge opposite the affected compartment.

Extension Stop Instructions

Setting Extension Stop: A removable 0 degree extension stop was installed during fabrication. A kit provided with the brace includes 5, 10, 15, or 20 degree extension stops and an Allen wrench. Follow the instructions (below) if you need to reduce extension.



Extension Stop Kit

The stop "tree" provided with the brace will be missing the "0" degree stop that was installed during fabrication. Select and twist off the stop you need (there are numbers on the stops indicating the degrees). **Note: Make sure there is not extra plastic hanging off the stop from where it was connected to the tree.**



Allen Screw

If you need to increase the extension stop, use the Allen wrench provided with the stop kit to remove the screw that is visible on the exterior of the hinge cover. This screw threads through the cover and into the stop inside the hinge to hold it in position. **NOTE: The screw must be completely removed from the hinge cover in order to remove and reinstall a new extension stop.**



Extension Stop Removal

With the brace flexed at 90 degrees, remove the existing 0 degree stop. Note how it was positioned. Install the larger stop with the hook end at the top and facing forward (anterior). Extend the brace and the upper shell will push the stop into position. If the stop has been installed correctly, the hole in the stop will be aligned with screw hole in the cover. Reinsert and tighten the screw.



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Patient Instruction Guide

The medical professional who fit your brace should make initial adjustments and provide assistance in teaching you how to put it on. We recommend that you refer to this guide to ensure you are putting the brace on properly. On the back of this document, you will find general information about the use and care of your brace, and warranty benefits.

Preparing To Fit The Brace

Leave the two straps on the front side of the brace closed. You only need to open the four posterior (back) straps to be able to put on the brace. Always put on the brace while sitting down with your leg slightly bent (it is more difficult to put on the brace while standing or with your leg straight).

Trimming Strap & Pads

When strapping the brace for the first time, you should trim the straps and strap pads as needed to ensure the patient will be able to easily and adequately tighten the straps.

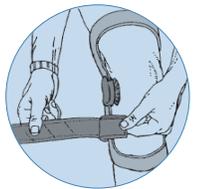
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Fitting Instructions



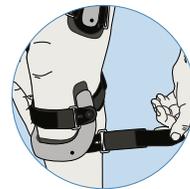
- 1)** Position the brace on the leg with the hinge aligned at knee center.



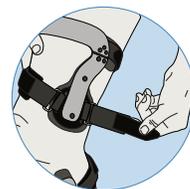
- 2)** While no specific strapping order is required, we recommend that you teach the patient to begin with the Synergistic Suspension Strap. This strap should be tightened securely in the flexion fold behind the knee (using the calf muscle as a natural shelf). This strap is most critical for suspending the brace.



- 3)** After tightening the Synergistic Suspension Strap, you may need to tighten or loosen the anterior tibia strap to set the anterior/posterior position of the hinge. The hinge should be at midline or just posterior to midline on the side of the knee. You should instruct the patient to NEVER tighten or loosen this strap after you set it.



- 4)** Tighten the bottom and top straps, making sure the hinge remains at knee center and the shells are in full contact with the leg.



- 5)** Tighten the distal posterior thigh strap. This strap will increase corrective force by angling the Adjustable Force Buttress into the leg. You can then loosen or tighten the anterior thigh strap to increase or decrease the correction applied by the Buttress. Once you have set the anterior strap, the patient should only need to tighten the four posterior straps each time they put on the brace.





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Care & Maintenance

Hinge – The hinge on your brace is pre-lubricated. If sand, dirt or water get inside the hinge, it may require periodic lubrication. If you notice the hinge is not gliding smoothly, a few drops of a synthetic lubricant can be applied. You can purchase this type of lubricant at a hardware store.

Straps – The straps on your brace are nonelastic for maximum control. After considerable use, if the fibers on your straps do not adhere as well to the Velcro “hook” tabs, if possible, cut the straps shorter so the Velcro hook tab adheres to a section of the strap that has fresher fibers. Otherwise the straps may need to be replaced.

Pads – Your brace is lined with padding that provides a comfortable interface between your leg and the shells. The straps also have pads. You should not remove the pads from the brace or straps. Wipe the pads after each use to remove any moisture and let the pads air dry. You can also clean the pads with a mild antibacterial soap and rinse them off with fresh water. DO NOT wash pads in a machine or dry them with a blow dryer.

Parts & Service

The hinge, hinge cover, pads, straps and other parts on your brace may need to be refurbished or replaced due to normal wear and use. If your brace requires repairs or replacement parts, you should contact the professional who fit your brace.

Undersleeves & Protective Covers

This brace is designed to be worn directly against the skin. A full length undersleeve or comfort thigh sleeve may be ordered if you prefer to wear a sleeve under your brace. Even though wearing an undersleeve may enhance comfort, a sleeve can potentially cause the brace to slip down your leg. If you intend to wear your brace for sports (football, soccer, baseball, etc.) or if you participate in activities that could damage the brace or paint, we recommend that you speak with the medical professional who fit your brace about ordering a protective cover. A cover is often required for team sports.

Warranty Information

Under normal use and conditions, the shells and hinge on your brace are covered by a lifetime warranty against defects in craftsmanship or structural damage. Straps, the hinge cover, comfort pads and other replaceable parts are backed by a six month warranty. If you gain or lose weight, free remolding service (to make fitting adjustments to your brace) is also provided for six months from the date of purchase. If you experience a problem, please call the medical provider.

Product Disclaimer

This OA brace is a prescription product that should be used in accordance with the directives of your physician as part of a treatment plan for managing your total health. While this type of OA brace has proven beneficial to many patients with unicompartment osteoarthritis, outcomes will vary based on factors including patient age, weight, general health, severity of OA, and/or lack of compliance with instructions for how to put on and use the product. Townsend Design is an orthopedic manufacturer, not a provider of patient care services. Townsend Design fabricated your brace based on the information provided to our company by the medical professional treating your condition. Since Townsend Design was not involved in your assessment, fitting or education, we cannot make specific guarantees this product will reduce your knee pain or joint degeneration. Because of variations in the health and condition of each patient, Townsend Design also does not make any specific recommendations regarding appropriate activities for the user of this brace. Additionally, while a Townsend OA brace may aid in decreasing the risk or degree of injury to the leg for which it is fabricated, Townsend Design cannot and does not guarantee that the brace will prevent injuries -- especially as the intensity of physical activity increases. Contact and high velocity sports are inherently dangerous and create a higher risk for injury. If you experience any skin reactions, loss of circulation, unusual knee pain or any other complication you think may be associated with the use of this product, stop wearing the brace and call the medical professional who prescribed and/or fit your brace.