



THUASNE

Sport Series



Medical Professional Instruction Guide

Models

The fitting adjustments you make, and the instructions you provide to the patient, will depend on which model you ordered.

Sport XII-AC (12" anterior closure sleeve, 2 straps)

Sport XII-PO (12" pull on sleeve, 2 straps)

Sport XVI-AC (16" anterior closure sleeve, 4 straps)

Sport XVI-PO (16" pull on sleeve, 4 straps)



ROM Control Hinge
with extension and flexion kit

Fitting Instructions

- 1) The aluminum bars can be contoured to the leg.
- 2) Pull On sleeves come with optional patella bolsters that can be affixed inside the sleeve to enhance knee cap stabilization or comfort.
- 3) ROM, adjustments can be made to extension and flexion stop settings. There are pockets on the medial and lateral sides of the sleeve that can be opened to allow you to expose the hinges to make adjustments.

WARRANTY Information

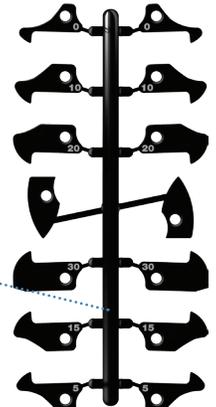
From date of purchase, six months on the aluminum hinges; 90 days on the sleeve. If the brace requires warranty or repair service, please call 800.432.3466 for instructions.

Extension Stop Instructions

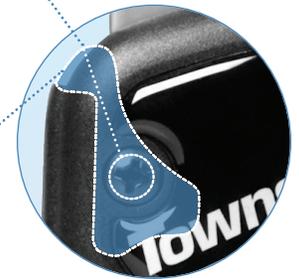
(An extension stop kit ships with every brace.)

At the time of fabrication, a zero degree extension stop has been installed in the TM5+ Hinge. To install a different extension stop, follow these instructions:

- 1) Twist off the desired stop from the nylon stop tree.
- 2) Remove the screw located on the side of the hinge.
- 3) After removing the screw, flex the brace and remove the zero degree stop from the hinge. Note the direction the stop is facing.
- 4) Insert the desired replacement stop, hole end first, with the hook end at the top and facing forward. Straighten the brace to full extension to push the stop down into position. The small hole in the stop must be aligned and visible through the screw hole so the screw will thread into the stop.
- 5) Reinsert and tighten the screw. Flex and extend the brace several times to ensure the stop is locked into position and functioning properly.



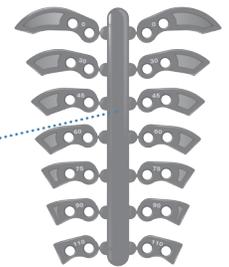
Extension Stop Kit



Flexion Stop Instructions

(Flexion stops are an optional accessory item.)

- 1) To limit the degree of flexion, detach the desired stop from the metal tree. Each stop has the degree etched into the surface.
- 2) If you are installing the 0, 30, 45, 60, 75, 90 or 110 degree flexion stop, remove both screws from the posterior aspect of the hinge cap and take out the spacer that was installed at the factory. Insert the stop with the flat end facing up and position it so that both holes in the stop are visible through the screw holes in the cap. Thread and tighten the screws through the cap and into both holes in the stop.
- 3) Flex the brace until the upright contacts the stop to ensure it is functioning properly.



Flexion Stop Kit





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Patient Instruction Guide

Townsend Sport Series knee braces are designed to provide stabilizing support to patients diagnosed with mild ligament injuries and instabilities. Sport Series braces include these enhanced features:

- ROM hinges which mirror the roll-and-glide motion of the knee.
- Quality neoprene (latex free) or Fiber Cool breathable fabric.
- Reinforced stitching and finished sleeve ends.
- Popliteal cutout behind the knee for added comfort.
- Straps chosen for their exceptional holding strength and long life.
- Rigid aluminum bars that can be contoured to optimize the fit of the brace.
- Nylon reinforced cover that encases the hinges (no exposed metal).
- Rigid nylon side pockets for containing and enclosing the metal bars.
- Patella buttress pads (pull-on sleeves only).

Warranty Information

Always use the pull tab loops at the top of the sleeve to pull up the brace. Do not wash the sleeve in a machine or dry it in a dryer. Wipe off moisture and sweat and let the sleeve air dry after use. A mild anti-bacteria soap can be used to clean the sleeve (rinse or wipe off any soap residue and allow the sleeve to air dry). Based on normal conditions and use, the hinges on your brace are covered by a six month limited warranty, and the neoprene sleeve is covered by 90 day limited warranty. If you experience any problems with the fit or function with this product, contact the medical professional who provided you with the brace.

Townsend Sport Series braces are designed to restrict laxity in an unstable knee and help provide support post injury or surgery. The brace should be used in accordance with your physician's directives and in accordance with your physical condition and medical history. Townsend Design cannot and does not specifically indicate the physical activities that may be appropriate for the user of this brace. Activities that involve sliding, physical contact and/or high velocity are inherently dangerous and may result in serious injuries. While Townsend Sport Series braces are designed to help decrease the risk or severity of an injury to the knee, there is no guarantee this type of brace will prevent injuries or re-injury to the knee. No brace can prevent or restrict all instabilities or injuries.

Fitting Instructions

Pull On Sleeves

- 1) Step 1: To apply the sleeve to your leg, undo the straps, slide your foot into the sleeve and slowly pull it up your leg using the pull tab loops at the top of the sleeve.
- 2) Step 2: If you have applied the sleeve correctly, your knee cap should protrude through the patella hole in the middle of the sleeve. The hinges should be centered on the side of the leg.
- 3) Step 3: Individually tighten each strap. The straps should be snug, but not so tight that your circulation is restricted. If you feel any tingling sensation, or experience any severe discomfort, contact the medical professional who fit your brace.

Anterior Closure Sleeves

- 4) Step 1: To apply the sleeve to your leg, undo the straps and open the upper (thigh) and lower (tibia) sections of the sleeve. Position the sleeve under the back of the leg. Wrap the sleeve around the knee and stretch the material so that the velcro loop and hook lock together on the front of the leg.
- 5) Step 2: If you have applied the sleeve correctly, your knee cap should protrude through the space between the thigh and tibial sections. The hinges should be centered on the side of the leg.
- 6) Step 3: Finally, individually tighten each strap. The straps should be snug, but not so tight that your circulation is restricted. If you feel any tingling sensation, or experience any severe discomfort, contact the medical professional who fit your brace.

General Positioning Instructions

Because the Townsend motion hinges on your brace mirror the anatomical motion of your knee, it is very important for the hinges to be properly positioned in alignment with knee center on your leg. This generally corresponds with the middle to upper third of the knee cap. It is better to put the brace on a little too high than too low. It is also important to make sure the hinges are set approximately in the center of the side of your leg.

