



THUASNE

Polio Bracing

TOWNSEND
THUASNE USA

Fitting Instructions

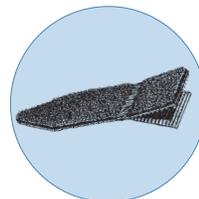
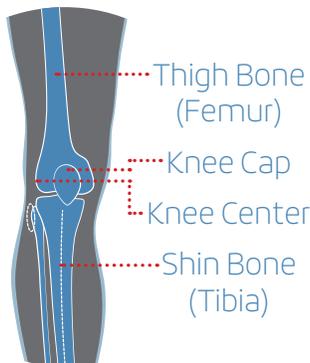
Townsend's hyperextension (Polio-style) knee braces feature an anterior/posterior shell configuration. The primary difference between fitting a Polio Brace and Townsend's traditional functional knee brace designs is the requirement for patients to step through the brace and learn how to tighten the Synergistic Suspension Strap. The following instructions are intended to assist in the initial fitting and education of the patient.

- 1) To start, open all straps.
- 2) The patient should be in shorts or a gown, with their shoe off, in a seated position with the leg in approximately 45 degrees of flexion.
- 3) Have the patient step through the brace by slipping their foot in between the anterior and posterior shells.
- 4) Position the hinges at knee center. It is better to have the brace on a little too high than too low. When the hinges are correctly positioned at knee center, the shells should lie flat against the leg.
- 5) As you will note from the illustration and picture, below, the attachment of the Synergistic Suspension Strap is critical to brace suspension. The strap attaches to the exterior shell, and wraps around the inside of the uprights. For maximum effectiveness, this strap needs to be positioned in the flexion fold behind the knee. The patient can tighten the strap by removing one or both ends of the velcro loop from the hook tabs that are glued on the shell. The patient will need to learn how to tighten and fasten the ends of the Synergistic Strap to the velcro hook tabs on the exterior shell. There are several ways this can be done, and you may want to have the patient try different methods and choose the one that works the best.
- 6) The remaining straps can be tightened in virtually any order. If needed, the straps should be cut to the appropriate length. Also, if there is any padding on the strap, you may need to adjust the position of the pad or cut the pad to ensure that it does not prevent the patient from completely tightening the straps.



Knee Center

When you begin to put on your brace, it is important for the hinges to be aligned with knee center. This means the center of the hinges should press against the side of your knee in a position that corresponds with the upper third of your knee cap. Additionally, tightening the Synergistic Suspension Strap in the flexion fold behind your knee will help to ensure the hinges are at the correct height on your leg.



Suspension

The Synergistic Suspension Strap is attached to the outside of the frame and is designed to wrap inside between the brace's lower shell and your leg. The strap is also angled to match the natural contour of the top of your calf muscle. This strap should be tightened in the flexion fold in the back of your knee.

Shortening Straps

The straps on your brace can be cut to any length. Simply remove the alligator closure from the end of the strap, cut the strap to the desired length, and reposition the closure onto the end of the strap. Be very careful not to cut any strap too short! Additionally, any comfort pad that is attached to the inside of a strap must be removed and cut shorter if the pad interferes with your ability to completely tighten the strap. You can cut the pad and re-center it on the strap.

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