

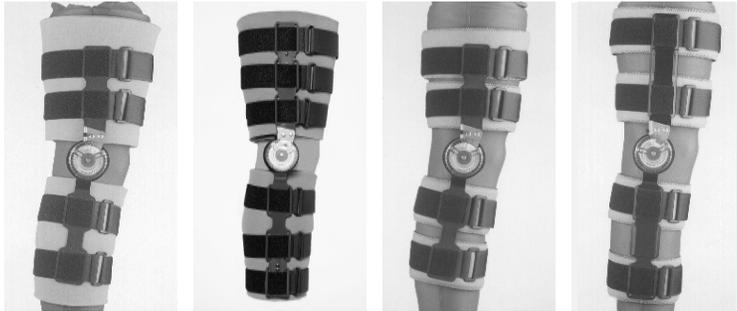


THUASNE

ROM Knee

TOWNSEND
THUASNE USA

Patient Fitting Guide



ROM-4

ROM6 & ROM6-L

AIR ROM-Short

AIR ROM-Long

SUPER SIZE full shell pads can be ordered to keep in inventory for extra large patients.

Indications

- ACL, PCL, MCL, LCL injuries
- Tibial plateau fractures
- Osteochondral repairs
- Meniscal repairs
- Patella tendon repairs
- Condylar fractures
- HTOs (High Tibial Osteotomy)
- Acute Sprains/strains of the knee

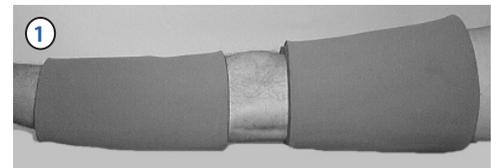
Contraindications

- Unstable fractures
- Fractures of the proximal femur or distal tibia or fibula

Application Instructions

RECOMMENDATIONS: When possible, the ROM post-op brace should be pre-fit prior to surgery as part of the patient's pre-operative care.

- 1) Applying Comfort Pads: Remove the foam comfort pads from between the aluminum bars, unfold the pads and position the larger pad around the thigh, and the smaller pad around the tibia (*Illustration #1*). If the brace you are fitting has AIR ROM pads, position each individual pad under one strap of the brace, with the larger circumference pads around the patient's thigh. After positioning all the pads, excess foam should be trimmed with scissors to ensure a streamlined fit and neat appearance. Always cut from the end of the pad that does not have the sewn velcro hook that secures the pad around the leg.
- 2) Positioning the Hinge/Bar Assembly: For your convenience, the straps have been pre-inserted through the bar assemblies and should not be removed. For larger patients, you may need to loosen the straps slightly to allow you to properly position the bars against the sides of the leg. Lift the patient's leg and slide the brace straps under the posterior aspect of the thigh and calf (*Illustration #2*). Attach the aluminum bars to the side of the foam so the hinges are aligned with knee center.
- 3) Tightening the Straps: The order in which the straps are tightened is not critical. We recommend tightening the two straps closest to the knee first, to help keep the hinges properly positioned. Velcro "hook" tabs are provided that should be used to secure the tightened straps in position (*Illustration #3*). Pull each strap tight, apply a tab to the strap on the front aspect of the leg, and secure the strap onto the "hook" tab. You may cut any excess strap material to give the brace a neater appearance. If the brace you are fitting has optional buckle closures (*Illustration #4*), the buckles can be used in conjunction with the velcro "hook" tabs. The tabs should be used to hold the loose end of the strap down against the leg (*Illustration #5*).



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Hinge Settings

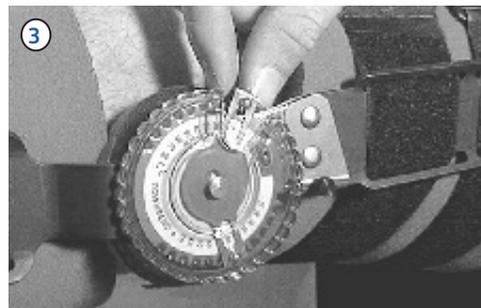
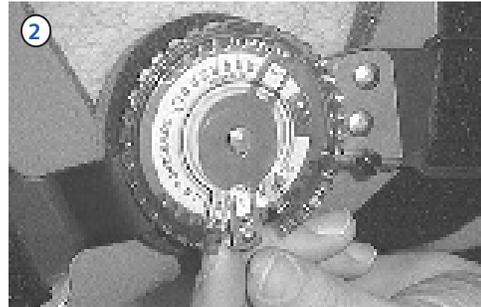
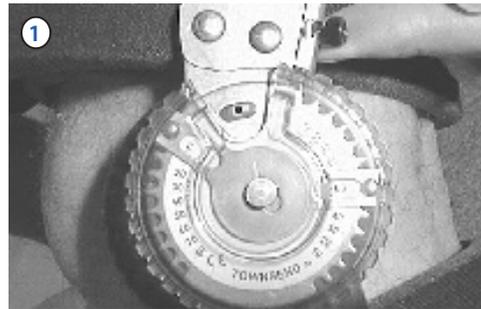
Townsend ROM braces have a simple quick dial hinge that enables medical professionals to control flexion and extension in 10 degree increments. As rehabilitation progresses, the setting can be quickly modified with the brace on the patient's leg. A drop lock can be manually engaged and disengaged by the patient.

The hinges should be pre-set to the desired flexion and extension setting before the brace is initially-applied to the leg. If the physician's protocol is always the same, extension and flexion stops on ROM braces can be pre-set by Townsend staff if you indicate the desired settings at the time you order the braces.

- 1) The drop lock engages at 0 degrees. Please Note: For the drop lock to engage, the extension setting must be at 0 degrees.

To change the flexion or extension setting, follow these simple steps:

- 2) Flexion Stops: Rotate the hinge cover so the opening allows access to the locking arm that controls the flexion setting. Pull the locking arm straight out from the notched setting, bend the brace to the desired position, then rotate the cover and arm to the new flexion setting. Push the locking arm into the desired notch.
- 3) Extension Stops: Rotate the hinge cover so the opening allows access to the locking arm that controls the extension setting. Pull the locking arm straight out from the notched setting, bend or extend the brace to the desired position, then rotate the cover and arm to the new extension setting. Push the locking arm into the notch.
- 4) Locking the Hinge Cover: Return the hinge cover to neutral position with the opening at the top of the hinge between the flexion and extension settings. You will note the raised bump in the hinge. You may use the allen head screw and allen wrench that come with the brace to lock the hinge cover in this neutral position and prevent the patient from being able to move the cover to change the range-of-motion settings.



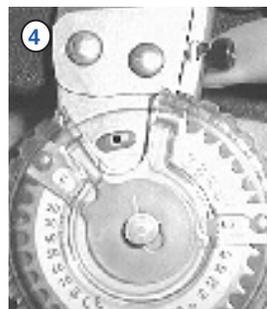
Shortening the Brace

Townsend ROM6 & ROM6-L braces come with ends that detach from the ends of each bar. By removing one end attachment, the brace can be reduced from six straps to five straps. By removing both ends, the brace can be reduced to four straps for shorter patients. An allen wrench is provided that enables you to remove two screws on the inside of each bar (at the top and bottom ends of the brace). When the screws are removed, the attachment and strap detach from the brace.

Townsend ROM braces are designed for short-term post-operative rehabilitation purposes only.

ROM braces must be prescribed and fit by a medical professional, and are not reusable for multiple patients. The brace is covered by a 90 day warranty against defects in materials or craftsmanship.

If you have questions regarding application instructions or product warranties, please speak with your local Townsend representative or call 800-432-3466.



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