



ISO Preferred KOA Knee Brace

The **ISO Preferred KOA Knee Brace** reduces the time it takes to heal discomfort from injuries or post-surgery. Please follow your doctor's instructions explicitly and adjust or discontinue use only as directed to achieve maximum benefit for your concerns.

The **ISO Preferred KOA Knee Brace** is intended for the support of mild to moderate osteoarthritis of the knee and use in connection with meniscal procedures.

1. Carefully cut off the attached plastic bag with the extension and flexion parts inside and set off to the side. Open all the buckles and extend all the fastener straps, two above the knee hinge and two below the knee hinge. Remove the snaps to the buckles from each of the straps, and lock them into the corresponding buckle. Make sure you hear a snapping sound and give each a small tug to make sure they are locked into place.
2. While sitting in a chair with your leg straight, position the knee brace on your leg so that the hinge is centered to your knee. Starting with the top strap and moving down, bring the strap under your leg and thread it through the rectangular slot at the end of the buckle. Next, pull the strap back the way you came, going under your leg if needed and fasten the strap in place against itself. Do this for each of the straps (2). At this point, you want to make sure the brace is hinge-centered to your knee cap, you will tighten the straps later on.
3. From time to time, the strap will seem too long. Remove the strap from the buckle and slide your fingers to the other end of the strap. Open the fastener section and shorten the length of the strap by pulling more of it through the plastic slot in the braces outer shell (3). Lock the fastener in place and smooth out the remainder of the strap. Repeat step 2.
4. Once your knee brace is properly aligned to your knee cap, stand up and with a slight bend to your knee, tighten all the straps in place so that you can be assured that the brace will not slide up or down or rotate on your leg.
5. Hinge Adjustment: using the included Allen Wrench, loosen both screws on the hinge cover. Place the paired hinge stops provided. Place one part of the pair on each side of the hinge, to restrict the range of motion of the hinge bend.
6. Unloading Adjustment: using the included Allen Wrench, turn the unloading dial located just above the ROM hinge. Turn it counter-clockwise to adjust the amount of pressure unloaded.





Introduction

Your **ISO Preferred KOA Knee Brace** is designed to provide your body with the support and stability that it needs to successfully manage or eliminate your mobility concerns. It is critical that you follow your doctor's directions closely to ensure that the apparatus is worn properly and in the manner that will be most beneficial in addressing your issues. Please read the enclosed instructions and watch the applicable video when available so that the device can provide you with the superior long-term assistance and care you require.

Usage Recommendations

It is vital that you read the included instructions and when applicable watch the instructional video for the **ISO Preferred KOA Knee Brace** that is included here within. It is intended for the use of qualified professionals only. It is not recommended for patients to fit or apply or adjust their new brace without a doctor's expertise, unless otherwise instructed. Further questions regarding adjustments or changes, frequency of use, and/or duration of use should be presented to your doctor's, as they are familiar with your needs and conditions, for which this device was prescribed.

Cleaning Instructions

- Separate the inner lining from the outer plastic shell .
- Remove the straps when applicable.
- Hand wash the fabric parts in cold water with a mild detergent, rinse and lay flat to air dry.
- Hand wash the plastic mold with room temperature water with mild detergent, rinse and allow to air dry.

Care Instructions

It is imperative that you do not place your brace in the washing machine or dryer at any time. When preparing to clean your **ISO Preferred KOA Knee Brace**, you will want to separate the parts where applicable and care for them individually. Hand wash each section in water with a mild detergent. Allow all parts to air dry prior to reassembling the device. Do not dry clean, iron, bleach, or use an abrasive cleaning instrument on any part of the brace, as it will damage your brace; voiding its manufacturer's warranty and no longer working for you correctly.

CAUTION

The **ISO Preferred KOA Knee Brace** is for single patient use only. While every effort has been made to obtain maximum strength, function and durability, there is no guarantee that injury will be prevented while using this device, especially if the instructions are not followed correctly.