



# ISO Preferred Knee Brace

The *ISO Preferred 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 Knee Brace* is intended to provide support for mild to moderate instabilities of the knee joint, mild to moderate strain of the collateral ligaments, meniscus injuries, chronic inflammation after trauma, and degenerative arthritis

1. Disengage all straps attached to the main body part of the brace. Open both of the attachments that are located on the front of the knee brace.
2. Position the knee brace behind your knee (**2a**), while your leg is fully straightened. Bring both sides of the brace up and over your leg, making sure that your knee joint is positioned such that both circular paddings on the inside of the brace are equally centered on both sides of your joint. Close the two fastener straps (**2b**), starting with the upper strap first, so that your knee cap is now centered in the circular opening of the brace. Be sure not to pull these straps too tightly, as it is important for you to have adequate blood flow and movement of the leg.
3. Once your knee brace is properly aligned to your knee joint, thread the upper fastener strap around your leg and through the plastic slot on the other side. Pull to tighten while leg is still fully straightened.
4. Once your knee brace is properly aligned to your knee joint, thread the bottom fastener strap around your leg and through the plastic slot on the other side. Pull to tighten while leg is still fully straightened.
5. Bend your leg and make sure you have good mobility and that the brace is comfortable. If you feel the brace is too loose or tight in any location, readjust the tightness of the outer straps first.





## Introduction

Your *ISO Preferred 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 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, as they are familiar with your needs and conditions, for which this device was prescribed.

## Cleaning Instructions

- Open the brace such that all the fastening straps are detached from one another .
- Hand wash the fabric parts in cold water with a mild detergent, rinse and lay flat 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 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 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.