

## MUELLER 6455

# MUELLER Sports Medicine Self-Adjusting Hinged Knee Brace Instruction Manual

Model: 6455

## 1. PRODUCT OVERVIEW

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The MUELLER Self-Adjusting Hinged Knee Brace is designed to provide support and compression for weak, injured, or arthritic knees. It helps to control unwanted motion and prevent hyperextension, offering stability and pain relief during various activities.

Key features include:

- **Biaxial Hinges:** Provides lateral stability and helps control knee movement.
- **Adjustable Sizing Pockets:** Allows for customization of hinge placement for optimal support.
- **Comfortable Neoprene Material:** Retains body heat to promote healing and flexibility, while offering soothing compression.
- **Self-Adjusting Design:** Easy to apply and adjust for a secure, non-slip fit on either the right or left knee.
- **Open Patella Design:** Helps relieve pressure on the kneecap.



Image 1.1: Front view of the MUELLER Self-Adjusting Hinged Knee Brace.

## 2. SETUP AND APPLICATION

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Follow these steps to correctly apply your MUELLER Self-Adjusting Hinged Knee Brace:

1. **Measure Your Knee:** Before applying, measure the circumference around the center of your knee. This brace is designed as "One Size Fits Most" for knee sizes 12" - 20" (30.5 cm - 50.8 cm).
2. **Position the Brace:** Open the brace completely. Center the open patella area over your kneecap. The Mueller logo should be at the top of the brace.
3. **Secure the Main Straps:** Wrap the main body of the brace around your knee. Secure the upper and lower hook-and-loop straps firmly but comfortably. Ensure the biaxial hinges are aligned with the sides of your knee joint.
4. **Adjust Tension Straps:** Utilize the self-adjusting tension straps to customize the compression level. Pull these straps to your desired tightness for additional support and stability. The brace should feel snug without restricting circulation.
5. **Check Fit:** Bend and straighten your knee a few times to ensure the brace stays in place and allows for comfortable movement. Adjust as needed. The brace can be worn on either the right or left knee.



## SELF-ADJUSTING HINGED KNEE BRACE

STABLE, BREATHABLE SUPPORT FOR EVERYDAY USE



COMFORT FABRIC



RELIEVE KNEE PAIN



SUPPORT HEALING



OPTIMIZE PROGRESS



ENHANCED STABILITY

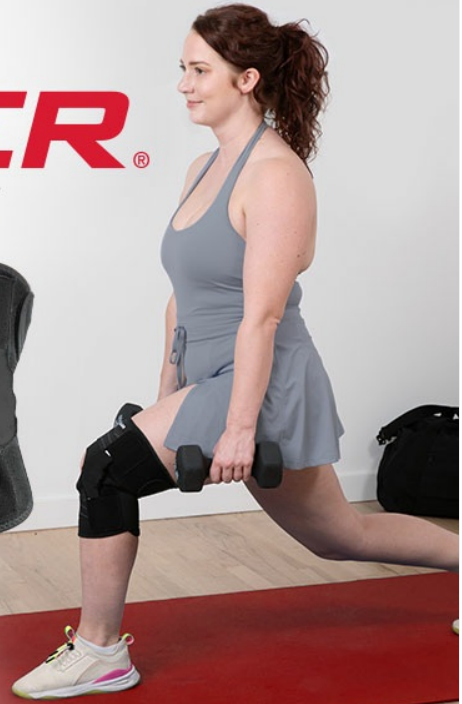


Image 2.1: Proper application of the knee brace, showing how to secure the straps.

## SELF-ADJUSTING DESIGN

Anti-slip Design

Open Patella & Spring Support

Patented Self-Adjusting<sup>®</sup> tension straps

Biaxial Hinges (Both Sides)



Image 2.2: Detailed view of adjusting the self-adjusting tension straps for a custom fit.



Image 2.3: Diagram illustrating the self-adjusting design and key components of the knee brace.

### 3. OPERATING THE BRACE (DURING USE)

The MUELLER Self-Adjusting Hinged Knee Brace is designed for continuous support during various activities. Its features work together to provide stability and comfort:

- **Stabilization:** The biaxial hinges on both sides of the knee help to prevent excessive side-to-side movement (medio-lateral) and hyperextension, which is crucial for protecting weak or injured ligaments.
- **Compression:** The neoprene material and adjustable straps provide targeted compression, which can help reduce swelling, alleviate pain, and improve circulation around the knee joint.
- **Flexibility and Warmth:** The neoprene also retains therapeutic body heat, which can aid in healing and maintain knee flexibility, especially beneficial for arthritic conditions.
- **Comfort:** The open patella design reduces pressure on the kneecap, and the breathable mesh material helps ensure comfort and dryness, preventing odor during extended wear.



Image 3.1: The brace provides support during physical activity, targeting knee pain.



Image 3.2: The brace offers stability and support for daily movement and exercise.

Your browser does not support the video tag.

Video 3.1: Official product video demonstrating the features and application of the Mueller Hinged Knee Brace. This video highlights the self-adjusting straps and biaxial hinges for optimal support.

## 4. MAINTENANCE AND CARE

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Proper care will extend the life of your knee brace and maintain its effectiveness.

- **Cleaning:** Hand wash only. Use cold water with a mild detergent.
- **Drying:** Air dry completely. Do not use a machine dryer, as high heat can damage the neoprene material and elastic components.
- **Storage:** Store in a cool, dry place away from direct sunlight. Ensure all hook-and-loop fasteners are secured to prevent them from attracting lint or damaging other fabrics.
- **Material:** The brace is made from neoprene and plastic components.

## 5. TROUBLESHOOTING

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If you encounter issues with your knee brace, consider the following:

- **Brace Slipping or Bunching:**
  - Ensure the brace is properly centered on your knee.
  - Re-adjust the main straps and self-adjusting tension straps to achieve a firmer, yet comfortable, fit.
  - The brace is designed for a "One Size Fits Most" range (12"-20" knee circumference). Verify your knee measurement falls within this range.
- **Discomfort or Restricted Circulation:**
  - Loosen the straps slightly. The brace should provide support without causing pain, numbness, or tingling.
  - Ensure no part of the brace is pinching or rubbing against your skin.
- **Hook-and-Loop Fastener Wear:**
  - Over time, hook-and-loop fasteners may lose their grip. Clean any lint or debris from the fasteners.
  - If fasteners are significantly worn, the brace may need replacement to maintain optimal support.

## 6. SPECIFICATIONS

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Feature	Detail
Brand	MUELLER
Model Name	Self-Adjusting Hinge Knee Brace
Model Number	6455
Size	One Size (Fits 12"-20" / 30.5cm-50.8cm knee circumference)

<b>Color</b>	Black
<b>Material</b>	Neoprene, Plastic
<b>Specific Uses</b>	Support for weak, injured, or arthritic joints; helps prevent medio-lateral movement and hyperextension of the knee.
<b>Care Instructions</b>	Hand Wash Only
<b>Item Weight</b>	0.7 Pounds
<b>Item Dimensions</b>	6 x 5 x 4 inches



Image 6.1: Packaging detail showing product features and sizing guide.

## 7. WARRANTY INFORMATION

Specific warranty details for the MUELLER Self-Adjusting Hinged Knee Brace are not provided in the available product data. For warranty inquiries, please contact Mueller Sports Medicine directly using the support information below.

## 8. SUPPORT AND CONTACT INFORMATION

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For further assistance, questions, or support regarding your MUELLER Self-Adjusting Hinged Knee Brace, please contact the manufacturer:

- **Manufacturer:** Mueller Sports Medicine
- **Address:** One Quench Dr., Prairie du Sac, WI 53578, USA
- **Telephone:** +1-800-356-9522
- **Email:** [sportcare@muellersportsmed.com](mailto:sportcare@muellersportsmed.com)