Ossur CTi OTS

Ossur CTi OTS Knee Brace User Manual

Model: CTi OTS

1. Introduction

The Ossur CTi OTS Knee Brace is designed to provide maximum support and stabilization for the knee joint. It is indicated for knee conditions that may benefit from increased anterior-posterior (AP) and medial-lateral (ML) stability, such as injuries to the Anterior Cruciate Ligament (ACL), Medial Collateral Ligament (MCL), Lateral Collateral Ligament (LCL), Posterior Cruciate Ligament (PCL), rotary, and combined instabilities.
This manual provides instructions for the proper setup, operation, maintenance, and troubleshooting of your CTi OTS Knee Brace to ensure optimal performance and user comfort.



Image 1.1: The Ossur CTi OTS Knee Brace correctly positioned on a user's leg, demonstrating its ergonomic design and placement for knee support.

2. Setup and Fitting

Proper fitting of the CTi OTS Knee Brace is crucial for its effectiveness and your comfort. Follow these steps to correctly apply and adjust the brace:

1. **Prepare the Brace:** Ensure all straps are loosened before application. The brace should be clean and free of debris.
2. **Position the Brace:** Sit with your knee bent at approximately 20-30 degrees. Slide the brace onto your leg, ensuring the hinges align with the center of your knee joint. The flexible sub-shell should comfortably capture the tibia.
3. **Secure the Tibial Strap:** Adjust the tibial strap, located below the knee, to a snug but comfortable fit. This strap helps capture the tibia and allows for adjustment in hinge depth for a customized fit.
4. **Fasten Thigh Straps:** Secure the upper thigh straps, ensuring they are firm but do not restrict circulation. The

carbon frame provides a rigid exoskeleton for stabilization.

5. **Adjust Calf Straps:** Fasten the lower calf straps. The reversible field-serviceable D-rings and trimmable straps facilitate fast adjustment.
6. **Final Adjustments:** Stand up and walk a few steps. Re-check all straps for comfort and stability. The brace should remain properly positioned on the leg without excessive migration, thanks to the Sensil silicone liners.



Image 2.1: Detail of the low-profile frame and Accutrac™ hinges, designed for an anatomically correct and comfortable fit. Note the buckles on the underside for secure fastening.



Image 2.2: The Össur Sensil® silicone padding, which prevents brace migration and provides additional comfort through its breathable material.

3. Operation and Functional Benefits

The CTi OTS Knee Brace is engineered to provide dynamic support during various activities. Its key features work together to protect and stabilize your knee:

- **Accutrac Hinges:** These anatomically correct hinges are designed to glide with the natural movement of your knee, providing fluid motion while offering controlled extension. They include extension stops to prevent hyperextension.
- **Rigid Carbon Frame:** The carbon frame acts as a rigid exoskeleton, offering robust stabilization against unwanted knee movements, particularly beneficial for ligamentous instabilities.
- **Sensil Silicone Liners:** These proprietary liners are coated with Sensil silicone to reduce brace migration on the

leg, ensuring the brace stays in its optimal functional position throughout activity.

- **Flexible Cuffs and D-rings:** These components allow for a customized fit and quick adjustments, adapting to your leg's contours and activity needs.



Image 3.1: Visual representation of how the CTi OTS Knee Brace provides support for various knee ligaments, including ACL (Anterior Cruciate Ligament), MCL (Medial Collateral Ligament), LCL (Lateral Collateral Ligament), and PCL (Posterior Cruciate Ligament).



Image 3.2: A user engaging in outdoor activity, demonstrating the brace's ability to provide support and stability during movement.

4. Maintenance and Care

To ensure the longevity and hygienic condition of your Ossur CTi OTS Knee Brace, follow these maintenance guidelines:

- **Cleaning:** Hand wash the brace regularly with mild soap and lukewarm water. Rinse thoroughly and air dry completely before re-use. Do not machine wash or tumble dry.
- **Strap Care:** Inspect straps and D-rings periodically for wear and tear. Replace worn straps as needed to maintain proper fit and support. The D-rings are field-serviceable.
- **Silicone Liners:** Clean the Sensil silicone liners gently to maintain their anti-migration properties. Avoid harsh chemicals that could degrade the material.
- **Storage:** Store the brace in a cool, dry place away from direct sunlight and extreme temperatures when not in use.
- **Water Sports:** The brace is made with non-corrosive materials, making it suitable for water sports. Always rinse thoroughly with fresh water after use in chlorinated or saltwater environments.

5. Troubleshooting

If you encounter issues with your CTi OTS Knee Brace, refer to the following common problems and solutions:

Problem	Possible Cause	Solution
Brace slides down or migrates on the leg.	Straps are too loose; silicone liners are dirty or worn.	Tighten all straps, especially the tibial strap. Clean the silicone liners. If liners are worn, contact support for replacements.
Discomfort or pinching.	Brace is too tight; improper alignment; incorrect size.	Loosen straps slightly. Re-align hinges with knee joint. Ensure correct brace size. Consult a healthcare professional if discomfort persists.
Velcro straps losing grip.	Velcro is worn out or dirty; straps are stretched.	Clean Velcro fasteners to remove lint and debris. If severely worn or stretched, replacement straps may be needed. Contact Ossur support.
Limited range of motion.	Extension stops are incorrectly set; brace is misaligned.	Verify extension stop settings with your healthcare provider. Re-align the brace on your leg.

6. Specifications

- **Brand:** Ossur
- **Model:** CTi OTS Knee Brace
- **ASIN:** B005V1ZH6A
- **Specific Uses:** ACL, LCL, MCL, PCL, Rotary, Combined Instabilities
- **Use for:** Knee
- **Age Range:** Adult
- **Materials:** Carbon frame, Sensil silicone liners, non-corrosive components
- **Features:** Accutrac hinges with extension stops, flexible sub-shell, adjustable tibial strap, reversible D-rings

7. Warranty and Support

Specific warranty information for the Ossur CTi OTS Knee Brace may vary by region and retailer. Please refer to the documentation provided with your purchase or visit the official Ossur website for detailed warranty terms and conditions. For product support, replacement parts, or further assistance, please contact Ossur customer service or visit theOssur Store on Amazon.

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