

DonJoy Rehab TROM/FastFit TROM

DonJoy Rehab TROM/FastFit TROM User Manual

Your comprehensive guide to the DonJoy Rehab TROM/FastFit TROM Knee Brace

1. INTRODUCTION

This user manual provides essential information for the proper use, setup, operation, and maintenance of your DonJoy Rehab TROM/FastFit TROM knee brace. Designed for rehabilitation, this brace aids in supporting and stabilizing the knee joint during recovery. Please read this manual thoroughly before using the product to ensure safe and effective application.

The DonJoy Rehab TROM/FastFit TROM is intended for use under the guidance of a healthcare professional for conditions requiring controlled range of motion or immobilization of the knee.

2. SAFETY INFORMATION

Your safety is paramount. Please adhere to the following safety guidelines:

- **Consult a Professional:** Always consult with a qualified healthcare professional before using this brace. They will provide specific instructions for your condition and ensure proper fitting.
- **Proper Fit:** Ensure the brace is fitted correctly and comfortably. An improperly fitted brace may cause discomfort, skin irritation, or reduce its effectiveness.
- **Inspect Before Use:** Before each use, inspect the brace for any signs of wear, damage, or loose components. Do not use the brace if it is damaged.
- **Discontinue Use if Pain Occurs:** If you experience increased pain, numbness, tingling, or skin irritation while wearing the brace, discontinue use immediately and consult your healthcare professional.
- **Do Not Modify:** Do not attempt to modify the brace in any way. Unauthorized modifications may compromise its integrity and effectiveness.
- **Keep Out of Reach of Children:** This product is not a toy. Keep it out of reach of children and pets.

***Legal Disclaimer:** Statements regarding dietary supplements have not been evaluated by the FDA and are not intended to diagnose, treat, cure, or prevent any disease or health condition. This product is a medical device and should be used as directed by a healthcare professional.*

3. PRODUCT OVERVIEW

The DonJoy Rehab TROM/FastFit TROM knee brace is designed to provide controlled support and range of motion for

the knee. It typically consists of a rigid frame, adjustable hinges, and soft padding with straps for secure fitting.



Figure 3.1: DonJoy Rehab TROM/FastFit TROM knee brace, illustrating its overall structure and placement on the leg. The brace features adjustable straps and a hinge mechanism at the knee joint.

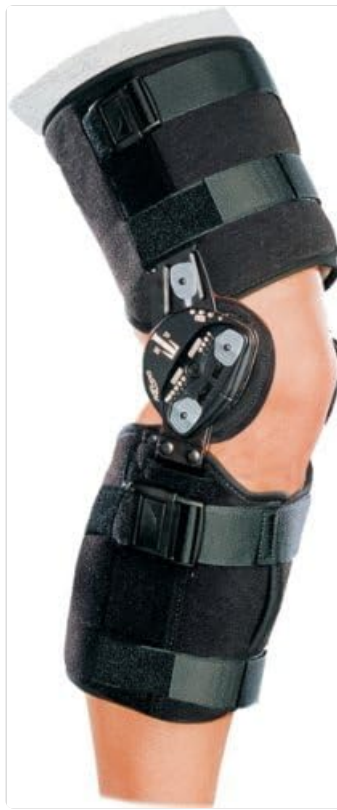


Figure 3.2: Detailed view of the adjustable hinge mechanism on the DonJoy Rehab TROM/FastFit TROM knee brace. This mechanism allows for precise control over the knee's range of motion.

Key Components:

- **Adjustable Hinges:** Located on either side of the knee, these hinges allow for setting specific flexion and extension limits.
- **Padded Liners:** Soft, breathable material designed for comfort and to prevent skin irritation.
- **Straps:** Multiple adjustable straps (typically Velcro) to secure the brace firmly to the leg.
- **Frame:** The rigid structure that provides support and stability.

4. SETUP AND FITTING

Proper fitting is crucial for the brace's effectiveness and your comfort. It is highly recommended that initial fitting be performed by a healthcare professional.

General Fitting Steps:

1. **Prepare the Leg:** Ensure your leg is clean and dry. Wear appropriate clothing (e.g., thin cotton pants) if desired, to prevent direct skin contact with the brace.
2. **Position the Brace:** Sit or lie down with your leg extended. Carefully position the brace around your knee, ensuring the hinges align with the center of your knee joint.
3. **Secure Straps:** Starting from the straps closest to the knee, secure each strap firmly but not too tightly. Work your way up and down the leg, ensuring even pressure. The straps should be snug enough to prevent the brace from slipping but not restrict circulation.
4. **Adjust Hinges (if applicable):** If your healthcare professional has prescribed specific range of motion settings, adjust the hinges according to their instructions. Refer to the hinge mechanism's markings for precise settings.
5. **Check Comfort and Movement:** Stand up and gently move your leg to ensure the brace is comfortable and allows for the prescribed range of motion. Make minor adjustments to straps as needed.

If you are unsure about the fitting process or experience discomfort, consult your healthcare professional.

5. OPERATING THE BRACE

Once properly fitted, the DonJoy Rehab TROM/FastFit TROM brace will provide the necessary support and control for your rehabilitation.

Daily Use:

- **Wear Duration:** Wear the brace for the duration and during the activities prescribed by your healthcare professional.
- **Activity:** The brace is designed to support activities such as walking and rehabilitation exercises as directed. Avoid activities that put excessive strain on the knee unless specifically approved by your doctor.
- **Monitoring:** Periodically check the brace's fit throughout the day, especially if you are active. Straps may loosen slightly with movement.
- **Range of Motion Control:** The adjustable hinges allow your healthcare provider to set specific limits for knee flexion (bending) and extension (straightening). Do not exceed these limits unless instructed.

Always follow your healthcare professional's specific instructions regarding your rehabilitation program and brace usage.

6. MAINTENANCE AND CARE

Proper maintenance will extend the life of your DonJoy brace and ensure its continued effectiveness.

Cleaning Instructions:

- **Hand Wash Only:** Hand wash the soft goods (liners and straps) in cold water with mild soap.
- **Rinse Thoroughly:** Rinse thoroughly to remove all soap residue.
- **Air Dry:** Air dry completely before reattaching to the brace frame. Do not machine wash, tumble dry, iron, or bleach.
- **Frame Cleaning:** Wipe the rigid frame and hinges with a damp cloth. Do not immerse the entire brace in water.

Storage:

Store the brace in a clean, dry place away from direct sunlight and extreme temperatures when not in use.

Inspection:

Regularly inspect the brace for any signs of wear, fraying straps, loose screws on hinges, or cracks in the frame. If any damage is observed, contact your healthcare professional or the manufacturer for advice.

7. TROUBLESHOOTING

If you encounter issues with your DonJoy Rehab TROM/FastFit TROM brace, consider the following:

- **Discomfort or Pain:**
 - **Issue:** Brace feels too tight or causes localized pain.
 - **Solution:** Loosen straps slightly. Re-check alignment of hinges with your knee joint. Ensure padding is not bunched. If pain persists, discontinue use and consult your healthcare professional.
- **Brace Slipping:**
 - **Issue:** Brace slides down the leg during activity.
 - **Solution:** Tighten straps, ensuring even pressure. Ensure the brace is correctly sized for your leg. Sweating can also cause slippage; consider wearing a thin sleeve underneath.
- **Hinge Malfunction:**
 - **Issue:** Hinges are stiff, noisy, or not allowing full range of motion as set.

- **Solution:** Ensure hinges are clean and free of debris. Do not lubricate unless specifically instructed by the manufacturer. If issues persist, the brace may require professional inspection or replacement.

- **Skin Irritation:**

- **Issue:** Redness, itching, or rash under the brace.
- **Solution:** Ensure the brace is clean. Check for proper fit to avoid rubbing. Consider wearing a clean, breathable sleeve under the brace. If irritation persists or worsens, consult your healthcare professional.

For any issues not covered here, or if troubleshooting steps do not resolve the problem, contact your healthcare professional or DonJoy customer support.

8. SPECIFICATIONS

Feature	Detail
Brand	DonJoy
Model	Rehab TROM/FastFit TROM
ASIN	B00N3IU50G
Specific Uses For Product	Rehabilitation
Use For	Knee
Number of Items	1
Sport	Walking
Date First Available	July 11, 2017

9. WARRANTY AND SUPPORT

DonJoy products are manufactured to high standards. Specific warranty information for your Rehab TROM/FastFit TROM brace may vary. Please refer to the documentation included with your product at the time of purchase or visit the official DonJoy website for the most current warranty details.

For product support, technical assistance, or warranty claims, please contact DonJoy customer service. Your healthcare professional may also be able to assist with product-related inquiries.

DonJoy Official Website: www.djoglobal.com

© 2024 DonJoy. All rights reserved. Information subject to change without notice.

ASK A QUESTION ABOUT THIS MANUAL

Ask about setup, troubleshooting, compatibility, parts, safety, or missing instructions. Manuals+ will review the question and use this page's manual context to help answer it.

Name

Anonymous

Email

you@example.com

After a successful submission, we securely hash the supplied account or form email before sending it to Microsoft Advertising for conversion attribution. [Privacy details](#).

Question

Example: How do I reset this device or fix this error?

Details

Model number, symptoms, what you tried, or the section of the manual you are using.

Submit question