

DonJoy DJ141KB02-L-L

DonJoy Tru-Pull Lite Knee Support Brace

Model: DJ141KB02-L-L | Brand: DonJoy

INTRODUCTION

The DonJoy Tru-Pull Lite Knee Brace is engineered to provide comfortable and effective support for individuals experiencing mild to moderate patellar dislocations. Its low-profile design and advanced materials ensure both stability and comfort during daily activities and light athletic pursuits. This manual provides comprehensive instructions for proper fitting, use, and care of your knee brace.

KEY FEATURES

- **Patella Support:** Designed for mild to moderate patellar dislocations, providing consistent pull on the kneecap during flexion and extension for proper realignment.
- **Low-Profile Design:** Comfortable and discreet for everyday wear and various activities.
- **Breathable Material:** Constructed from Breath-O-Prene, a hypoallergenic, wicking fabric that is breathable and lightweight, reducing sweat buildup.
- **Adjustable Straps:** Allows for a secure and customized fit, whether worn directly on the skin or over clothing.
- **Medial/Lateral Stability:** Includes removable plastic hinges for additional support on the sides of the knee.
- **Independent Anchors:** Ensures the brace remains in place and prevents rotation during movement.

SETUP AND FITTING GUIDE

Proper fitting is crucial for the effectiveness and comfort of your DonJoy Tru-Pull Lite Knee Brace. Follow these steps to ensure an optimal fit:

1. **Measure Your Leg:** Before applying the brace, measure the circumference of your thigh 6 inches above the center of your kneecap and your calf 6 inches below the center of your kneecap. Refer to the sizing chart provided with your product to select the correct size. *Note: This product is designed to be snug. If you are between sizes, it is recommended to go to the next larger size.*
2. **Position the Brace:** Sit or stand with your leg slightly bent. Slide the brace onto your leg, ensuring the open patella area is centered over your kneecap. The DonJoy logo should be visible on the front.

3. **Secure the Straps:** Begin by securing the lower strap, then the upper strap. Ensure the straps are firm but not overly tight, allowing for comfortable movement and circulation. The independent anchors should provide a soft, tacky connection with the patella.
4. **Adjust for Comfort:** Flex and extend your knee a few times to ensure the brace moves naturally with your leg. Adjust the straps as needed to achieve a secure yet comfortable fit that provides consistent pull on the kneecap.
5. **Optional Hinges:** If additional medial/lateral stability is desired, insert the removable plastic hinges into the designated pockets on the sides of the brace.

FIT GUIDE	
	1. Stand with your legs shoulder-width apart, legs slightly bent and leg muscles contracted.
	2. Measure up six inches from the center of your knee with a tape measure, as shown.
	3. Measure the circumference of your thigh at the 6-inch mark, as shown.
	4. Measure down six inches from the center of your knee with a tape measure, as shown. Then measure the circumference of your calf at the 6-inch mark.

Image: Visual guide for measuring your leg to ensure proper brace sizing.

OPERATING INSTRUCTIONS

Once properly fitted, the DonJoy Tru-Pull Lite Knee Brace is ready for use. It is designed to provide support during various activities, from daily routines to recreational sports.

- **Daily Wear:** Wear the brace during activities where you require patella support. Its lightweight and breathable

design makes it suitable for extended periods.

- **Activity Use:** Ideal for runners, recreational athletes, or individuals seeking extra patella support during physical activity. Ensure the brace is securely fastened before engaging in strenuous movements.
- **Movement:** The brace allows for natural knee flexion and extension while providing the necessary realignment and stability. You should be able to move easily without significant restriction.





Image: The DonJoy Tru-Pull Lite Knee Brace securely fitted on a left knee.



Image: A woman demonstrating the flexibility and comfort of the brace while kneeling on a sports field.

MAINTENANCE AND CARE

To prolong the life of your DonJoy Tru-Pull Lite Knee Brace and maintain its effectiveness, follow these care instructions:

- **Cleaning:** Hand wash the brace in cold water with mild soap. Rinse thoroughly.
- **Drying:** Air dry completely. Do not machine wash, tumble dry, iron, or bleach. Avoid direct heat.
- **Storage:** Store in a cool, dry place away from direct sunlight when not in use.
- **Inspection:** Regularly inspect the brace for any signs of wear, tear, or damage to the fabric, straps, or hinges. Discontinue use if significant damage is observed.

TROUBLESHOOTING

If you encounter any issues with your DonJoy Tru-Pull Lite Knee Brace, consider the following:

- **Discomfort or Irritation:** Ensure the brace is not too tight. Adjust the straps to relieve pressure. If discomfort persists, re-check your sizing against the product's sizing chart.
- **Brace Slipping:** Re-tighten the straps. Ensure the brace is positioned correctly with the patella opening centered. The independent anchors are designed to prevent rotation, so ensure they are making proper contact.
- **Reduced Support:** Check if the removable plastic hinges are properly inserted if you are using them. Ensure the brace material is clean and free from debris that might affect its grip.

If problems persist, consult with a healthcare professional or contact DonJoy customer support.

SPECIFICATIONS

Attribute	Detail
Model Number	DJ141KB02-L-L
Brand	DonJoy
Product Dimensions	10.75 x 2 x 4.25 inches
Item Weight	7.2 ounces
Material	Breath-O-Prene
Intended Use	Patella Support, Dislocation
Manufacturer	DONJOY

IMPORTANT INFORMATION

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.

MANUFACTURER CONTACT INFORMATION

For further assistance or inquiries, please contact:

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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.

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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