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## DonJoy FullForce Knee Support Brace (DJ141KB19-SH-A)

# DonJoy FullForce Knee Support Brace Instruction Manual

Model: FullForce Knee Support Brace (DJ141KB19-SH-A)

## PRODUCT OVERVIEW

The DonJoy FullForce Knee Support Brace is designed to provide comprehensive Anterior Cruciate Ligament (ACL) protection. It is an exceptionally lightweight brace, suitable for athletes participating in court or non-contact sports, those with mild to moderate ligament instabilities, or individuals recovering from ligament reconstruction. The brace incorporates DonJoy's 4-Points-of-Leverage System and patented FourcePoint hinge technology to offer powerful and clinically proven support for the ACL.

Its sleek, low-profile, and lightweight design makes it a preferred choice for users who require robust knee support without sacrificing agility or comfort. The FourcePoint hinge technology specifically reduces the time the knee spends in an "at-risk position" and enhances the 4-Points-of-Leverage by increasing the posterior load on the tibia, improving natural gait by applying progressive resistance during movement.

## COMPONENTS

The DonJoy FullForce Knee Support Brace consists of several key components designed for optimal support and fit:

- **Aircraft-Grade Aluminum Frame:** Provides a strong yet lightweight structure.
- **4-Points-of-Leverage System:** A patented design that applies opposing forces to the thigh and calf to prevent anterior tibial translation.
- **FourcePoint Hinge Technology:** Offers progressive resistance during knee extension to reduce hyperextension and protect the ACL.
- **Adjustable Straps:** Secure the brace to the leg, ensuring a snug and comfortable fit.
- **Internally Mounted Swiveling Strap Tabs:** Designed to accommodate natural leg movement.





*Image: Front view of the DonJoy FullForce Knee Brace on a leg, highlighting its sleek design and strap placement.*





*Image: Side view of the DonJoy FullForce Knee Brace on a leg, illustrating the hinge mechanism and strap system.*

## SIZING AND FIT

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Accurate measurement is essential for proper fit and effectiveness of the DonJoy FullForce Knee Support Brace. Please follow these instructions carefully:

1. Stand with your legs shoulder-width apart, slightly bent, and leg muscles contracted.
2. Measure up six inches from the center of your kneecap with a flexible tape measure.
3. Measure the circumference of your thigh at this 6-inch mark.
4. Measure down six inches from the center of your kneecap.
5. Measure the circumference of your calf at this 6-inch mark.

Use these measurements to determine your brace size from the chart below. If your measurements fall between sizes, it is recommended to choose the next size up for optimal comfort and fit.

## HOW TO MEASURE



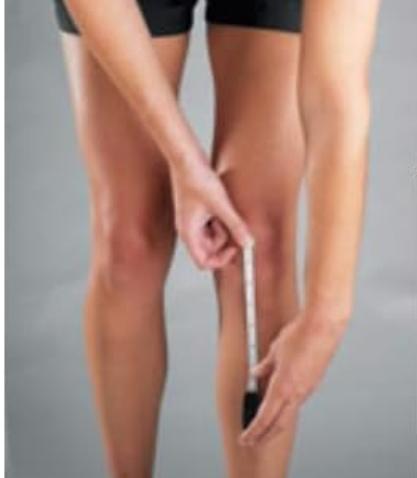
1. Stand with your legs shoulder-width apart, legs slightly bent and leg muscles contracted.



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.

## Sizing Chart

Brand Size	Thigh Circumference (in)	Calf Circumference (in)
XS	13 - 15.5	10 - 12
S	15.5 - 18.5	12 - 14
M	18.5 - 21	14 - 16
L	21 - 23.5	16 - 18
XL	23.5 - 26.5	18 - 20
2XL	26.5 - 29.5	20 - 22
3XL	29.5 - 32	22 - 24

## SETUP AND APPLICATION

Proper application of the DonJoy FullForce Knee Support Brace is crucial for its effectiveness. Follow these steps for correct setup:

- Positioning:** Sit on the edge of a chair with your knee bent at a 45-degree angle.
- Placement:** Place the brace on your leg, ensuring the hinges are aligned with the center of your knee joint. The brace should feel snug but not overly tight.
- Secure Thigh Straps:** Fasten the upper thigh strap first, followed by the lower thigh strap. Ensure they are firm enough to prevent slippage but allow for comfortable movement.
- Secure Calf Straps:** Fasten the lower calf strap, then the upper calf strap. Adjust all straps to achieve a secure fit without restricting circulation.
- Check Alignment:** Stand up and bend your knee a few times to ensure the brace remains properly aligned and comfortable during movement. Adjust straps as needed.

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*Video: Demonstration of how to properly apply the DonJoy FullForce Knee Brace. This video illustrates the correct steps for positioning and securing the brace for optimal support.*

## OPERATING AND USAGE

The DonJoy FullForce Knee Support Brace is designed for active individuals requiring ACL protection and support during various activities. Once properly fitted, the brace works to:

- Prevent Hyperextension:** The FourcePoint hinge technology provides progressive resistance to prevent the knee from over-extending.
- Stabilize the Knee:** The 4-Points-of-Leverage System helps to stabilize the knee joint, reducing unwanted movement and protecting ligaments.
- Support Natural Movement:** The design allows for a natural gait while providing necessary support, making it suitable for sports like golf, tennis, and basketball.

It is recommended to wear the brace over a thin, moisture-wicking sleeve or clothing to enhance comfort and prevent skin irritation, especially during prolonged use or physical activity.

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Video: Overview of the DonJoy FullForce Ligament Knee Brace in action, demonstrating its use during various sports and activities. This video highlights the brace's features and benefits for active individuals.

## MAINTENANCE

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To ensure the longevity and effectiveness of your DonJoy FullForce Knee Support Brace, proper maintenance is important:

- **Cleaning:** Hand wash the soft goods (straps and pads) with mild soap and cold water. Air dry thoroughly. Do not machine wash or tumble dry.
- **Frame Care:** Wipe the rigid frame components with a damp cloth. Avoid using harsh chemicals or abrasive cleaners.
- **Inspection:** Regularly inspect the brace for any signs of wear, damage, or loose components. Pay close attention to the hinges, straps, and padding.
- **Storage:** Store the brace in a cool, dry place away from direct sunlight when not in use.

## TROUBLESHOOTING

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If you encounter any issues with your DonJoy FullForce Knee Support Brace, consider the following:

- **Brace Slippage:** Ensure all straps are securely fastened and the brace is correctly aligned with your knee joint. Re-check your measurements against the sizing chart to confirm you have the correct size.
- **Discomfort or Pressure Points:** Adjust the strap tension. If discomfort persists, ensure the padding is correctly positioned. Wearing a thin sleeve under the brace can also help.
- **Hinge Noise:** A slight squeaking from the hinges may occur. This is generally normal. Ensure the hinges are clean and free of debris. Do not attempt to lubricate the hinges unless specifically instructed by DonJoy support.
- **Reduced Support:** If the brace feels less supportive over time, inspect for worn-out straps or damaged components. Contact customer support if you suspect a defect.

For persistent issues or concerns not addressed here, please contact DonJoy customer support.

## SPECIFICATIONS

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- **Model Number:** DJ141KB19-SH-A
- **Product Dimensions:** 9 x 19.5 x 6.5 inches
- **Item Weight:** 2 Pounds
- **Material:** Aircraft-grade aluminum frame
- **Intended Use:** ACL protection, hyperextension prevention, knee support for mild to moderate ligament instabilities.
- **Age Range:** Adult

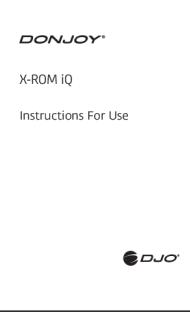
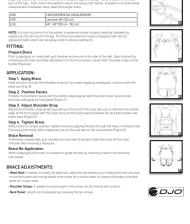
## WARRANTY AND SUPPORT

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The DonJoy FullForce Knee Support Brace is backed by DonJoy's commitment to quality and performance. DonJoy offers an ACL Knee Guarantee program, which is the world's first and only such program, providing assurance for your knee protection.

For detailed warranty information, product support, or to speak with a brace coach, please visit the official DonJoy store or contact their customer service department. You can find more information at the [DonJoy Store on Amazon](#).

## Related Documents - FullForce Knee Support Brace (DJ141KB19-SH-A)

	<p><a href="#">DonJoy FullForce Knee Brace with FourcePoint Hinge Technology User Guide</a></p> <p>Comprehensive user guide for the DonJoy FullForce Knee Brace, detailing application, hinge adjustment, use, care, and warranty information. Designed for post-ACL injury support and collateral ligament deficiencies.</p>
	<p><a href="#">DONJOY X-ROM Post-Op Knee Brace: User Instructions and Application Guide</a></p> <p>Comprehensive instructions for the DONJOY X-ROM Post-Op Knee Brace, covering intended use, application, adjustment, contraindications, warnings, cleaning, and warranty. Designed for post-operative knee rehabilitation.</p>
	<p><a href="#">DONJOY X-ROM iQ Instructions For Use: User Manual and Technical Specifications</a></p> <p>Comprehensive instructions for use, setup, application, and technical specifications for the DONJOY X-ROM iQ brace, a motion platform designed for post-operative knee therapy and range of motion management.</p>
	<p><a href="#">DonJoy MalleoForce Ankle Support: Instructions for Use and Care</a></p> <p>Comprehensive guide for the DonJoy MalleoForce and MalleoForce Plus ankle support, covering intended use, indications, contraindications, application, usage, care, composition, warranty, and disclaimer. Designed for ankle support and stability.</p>
	<p><a href="#">DonJoy ISOFORM Postural Extension Brace: Clinician Application Instructions</a></p> <p>Comprehensive guide for clinicians on applying the DonJoy ISOFORM Postural Extension brace, including sizing, fitting, application steps, adjustments, cleaning, indications, contraindications, and warranty information.</p>
	<p><a href="#">DonJoy Surround Ankle Brace: Instructions for Use, Warnings, and Care</a></p> <p>Comprehensive instructions for using the DonJoy Surround Ankle Brace, including intended use, warnings, application steps, care instructions, and warranty information. Designed for ankle support following acute and chronic injuries.</p>