

Breg 11233

Breg Economy Hinged Knee Brace Part #11233 User Manual

Model: 11233

1. INTRODUCTION

The Breg Economy Hinged Knee Brace is designed to provide support and stability for individuals experiencing mild medial/lateral instabilities of the knee. This wraparound brace features integrated hinges for controlled movement and is suitable for various activities, including contact sports with low loads. The hinges are contained within a pocket and are removable for maintenance.

This manual provides essential information for the proper application, use, maintenance, and care of your Breg Economy Hinged Knee Brace. Please read all instructions carefully before using the product.

2. SAFETY INFORMATION

- **Consult a Healthcare Professional:** Always consult with a physician or qualified healthcare professional before using this brace, especially if you have pre-existing medical conditions or injuries.
- **Proper Fit:** Ensure the brace fits correctly. An improperly fitted brace may cause discomfort, skin irritation, or reduce its effectiveness.
- **Skin Irritation:** Discontinue use and consult a healthcare professional if you experience any skin irritation, redness, swelling, or unusual pain while wearing the brace.
- **Do Not Overtighten:** Avoid overtightening the straps, as this can restrict circulation. The brace should feel snug but comfortable.
- **Inspection:** Regularly inspect the brace for wear and tear, especially the hinges and straps. Do not use a damaged brace.
- **Intended Use:** This brace is intended for mild medial/lateral knee instabilities. Do not use for conditions beyond its specified design.

3. SETUP AND APPLICATION

Follow these steps for proper application of your Breg Economy Hinged Knee Brace:

Step 1: Prepare the Brace



Image: Breg Economy Hinged Knee Brace laid flat, showing the wraparound design and hinge pockets.

Unfasten all straps and lay the brace flat with the inside facing up. Ensure the hinges are positioned correctly on either side of the brace, ready to align with your knee joint.

Step 2: Position the Brace



Image: A person positioning the open knee brace around their knee, ensuring the patella opening is centered.

Sit or stand with your knee slightly bent. Wrap the brace around your knee, ensuring the patella (kneecap) opening is centered over your kneecap. The hinges should align with the natural pivot points on the sides of your knee joint.

Step 3: Secure the Straps



Image: A person securing the upper and lower straps of the knee brace, demonstrating proper tension.

Begin by securing the lower strap, then the upper strap. Adjust the tension so the brace feels snug and supportive without being uncomfortably tight or restricting circulation. The wraparound design allows for easy adjustment.

Step 4: Final Adjustment

Stand up and bend your knee a few times to ensure the brace moves comfortably with your leg. Readjust straps if necessary to maintain proper alignment and comfort during movement.

4. USAGE

- **Wearing Duration:** Wear the brace as directed by your healthcare professional.
- **Activity:** This brace is suitable for daily activities and certain contact activities with low loads, such as wrestling, due to its contained hinges.
- **Comfort Check:** Periodically check the brace for comfort and proper positioning throughout the day.
- **Under Clothing:** The Airmesh material is breathable and can be worn comfortably under most clothing.

5. MAINTENANCE AND CARE

Proper care extends the life of your brace and maintains its effectiveness.

Cleaning Instructions



Image: A person gently hand washing the knee brace in a basin with mild soap and water.

- Hand wash with mild soap in cold water.
- Rinse thoroughly.
- Air dry completely before re-applying. Do not use a machine dryer.
- Do not bleach, iron, or dry clean.

Hinge Maintenance

The hinges are removable for maintenance. If hinges become stiff or noisy, they can be removed, cleaned, and lubricated with a silicone-based lubricant. Ensure hinges are securely re-inserted before use.

6. TROUBLESHOOTING

- **Discomfort or Pain:** If you experience discomfort or pain, loosen the straps. If discomfort persists, remove the brace and consult your healthcare professional.

- **Brace Slipping:** Ensure all straps are securely fastened and the brace is properly aligned with your knee. The wraparound design should provide a snug fit. If slipping continues, your brace size may be incorrect.
- **Skin Irritation:** Check for overtightening or rough edges. Ensure the brace is clean. If irritation persists, discontinue use and consult a healthcare professional.
- **Hinges Sticking:** Refer to the "Hinge Maintenance" section for cleaning and lubrication instructions.

7. SPECIFICATIONS

Model Number	11233
Product Type	Hinged Knee Brace
Design	Wraparound, Open Back
Material	Airmesh
Intended Use	Mild medial/lateral knee instabilities
Size (as per product listing)	Medium
Age Range	Adult
Item Weight	Approximately 2 pounds
Package Dimensions	Approximately 14 x 13 x 11 inches

8. WARRANTY AND SUPPORT

Breg products are manufactured to high-quality standards. For specific warranty information regarding your Breg Economy Hinged Knee Brace, please refer to the documentation provided at the time of purchase or visit the official Breg website.

For product support, questions, or concerns, please contact Breg customer service through their official channels. Always provide your product model number (11233) when seeking support.

Manufacturer: Breg, Inc.

Website: www.breg.com (Note: This is a placeholder URL for demonstration purposes. Please refer to official product packaging for accurate contact information.)