

DonJoy Tru-Pull Lite

DonJoy Tru-Pull Lite Knee Support Brace Instruction Manual

Model: Tru-Pull Lite

Brand: DonJoy

PRODUCT OVERVIEW

The DonJoy Tru-Pull Lite Knee Brace is an extremely comfortable patella (kneecap) support brace for mild to moderate patellar dislocations. This low-profile patella support brace is designed with pull straps above and below the patella. This puts a "true" and consistent pull on the kneecap during flexion and extension, which realigns the patella. By properly aligning the kneecap you reduce the pain that comes with patellofemoral problems like dislocating your kneecap. The DonJoy Tru-Pull Lite is made of Breath-O-Prene, which is an anti-microbial wicking fabric that is hypoallergenic, breathable, and lightweight. It provides a soft tacky connection with the patella ensuring maximum support, while the independent anchors prevent the brace from rotating. Includes removable plastic hinges, to provide additional medial/lateral stability. The DonJoy Tru-Pull Lite knee brace is ideal for runners, recreational athletes, or individuals who are looking for extra patella support during their daily activities.

Key Features

- Ideal for runners, recreational athletes, or individuals who are looking for extra patella (kneecap) support during daily activities
- Comfortable patella support brace for mild to moderate patellar dislocations; Low-profile design
- Includes removable plastic hinges which provide additional medial/lateral stability
- Provides a consistent pull on the kneecap during flexion and extension, which realigns the patella
- Made of Breath-O-Prene, which is an anti-microbial wicking fabric that is hypoallergenic, breathable, and lightweight

SETUP AND APPLICATION

Proper application of your DonJoy Tru-Pull Lite Knee Support Brace is crucial for optimal support and comfort. Follow these steps for correct fitting.

Measuring for Your Brace

To ensure the correct size, measure your leg at three points: mid-knee, 6 inches above the knee (thigh), and 6 inches below the knee (calf). Refer to the sizing chart below.

Brand Size	Mid Knee Circumference (in)	Thigh Circumference (in)	Calf Circumference (in)
X-Small (Pack of 1)	12 - 13	13 - 15.5	10 - 12
Small (Pack of 1)	13 - 14	15.5 - 18.5	12 - 14
Medium (Pack of 1)	14 - 15	18.5 - 21	14 - 16
Large (Pack of 1)	15 - 17	21 - 23.5	16 - 18
Large	15 - 17	21 - 23.5	16 - 18
X-Large (Pack of 1)	17 - 19	23.5 - 26.5	18 - 20
2X-Large (Pack of 1)	19 - 21	26.5 - 29.5	20 - 22
XXX-Large	21 - 23	29.5 - 32	22 - 24

Applying the Brace

The Tru-Pull Lite brace features a sleeve design with adjustable straps.

1. Slide the brace onto your leg, ensuring the patella opening is centered over your kneecap.
2. Secure the adjustable straps, first the lower strap, then the upper strap, to achieve a snug but comfortable fit. The straps should provide firm compression without restricting circulation.
3. The plastic hinges on the sides should align with the natural bend of your knee, offering medial/lateral stability.



Image: Close-up of the DonJoy Tru-Pull Lite Knee Support Brace on a leg, showing the patella opening and adjustable

straps.

Your browser does not support the video tag.

Video: A demonstration of how to apply the DonJoy Tru-Pull Lite Knee Support Brace.

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Video: Detailed application instructions for the DonJoy Tru-Pull Lite Knee Support Brace, specifically for the Right Leg, X-Small size.

OPERATING THE BRACE

The DonJoy Tru-Pull Lite Knee Support Brace is designed to provide consistent patellar realignment and support during daily activities and light sports.

Patellar Tracking

The pull straps above and below the patella create a "true" and consistent pull on the kneecap during flexion and extension, which helps to realign the patella. This mechanism reduces pain associated with patellofemoral problems and dislocations.

Stability and Comfort

The removable plastic hinges offer additional medial/lateral stability, while the Breath-O-Prene material ensures breathability and comfort, even during extended wear. The independent anchors prevent the brace from rotating.



Image: A woman standing on a sports field wearing the DonJoy Tru-Pull Lite Knee Support Brace on her right knee,

demonstrating its low-profile design during activity.



Image: A woman kneeling on a sports field, adjusting the DonJoy Tru-Pull Lite Knee Support Brace on her right knee, highlighting its flexibility and ease of adjustment.

MAINTENANCE

Proper care will extend the life of your DonJoy Tru-Pull Lite Knee Support Brace.

- **Cleaning:** Hand wash in cold water with mild soap. Rinse thoroughly. Air dry completely before re-

using. Do not machine wash, tumble dry, iron, or dry clean.

- **Storage:** Store in a cool, dry place away from direct sunlight. Ensure all straps are secured to prevent snagging.
- **Inspection:** Regularly inspect the brace for any signs of wear, tear, or damage to the fabric, straps, or hinges. Discontinue use if damage is found and contact support.

Note: This product is intended for use on a single patient.

TROUBLESHOOTING

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

- **Discomfort or Skin Irritation:** Ensure the brace is not too tight. Adjust the straps for a comfortable fit. If irritation persists, consult a healthcare professional. Ensure the brace is clean and dry before each use.
- **Brace Slipping:** Re-tighten the straps. Ensure the brace is correctly positioned with the patella opening centered. If the brace continues to slip, re-measure your leg and compare with the sizing chart to confirm you have the correct size.
- **Insufficient Support:** Verify the straps are securely fastened. Ensure the plastic hinges are correctly inserted and positioned. If you require more rigid support, consult your healthcare provider.

For further assistance, please contact DonJoy customer support.

SPECIFICATIONS

- **Is Discontinued By Manufacturer:** No
- **Product Dimensions:** 10.75 x 2 x 4.25 inches; 4.96 ounces
- **Model Name:** Tru-Pull Lite
- **Department:** Unisex
- **Date First Available:** November 18, 2011
- **Manufacturer:** DonJoy
- **ASIN:** B00VM68KWG
- **Brand:** DonJoy
- **Available Sizes:** X-Small to XXX-Large (specific variant shown is X-Small, Right Leg)
- **Specific Uses For Product:** Patella, Dislocation
- **Use for:** Knee
- **Age Range (Description):** Adult

WARRANTY AND SUPPORT

For warranty information or product support, please contact DonJoy directly.

You may also visit [BetterBraces.com](https://www.betterbraces.com) or call 1-800-553-6019 to speak with a Brace Coach.

