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› DonJoy Performance TRIZONE Compression Knee Support Sleeve User Manual

DonJoy Performance DP151KB05-BLK-M-L

DonJoy Performance TRIZONE Compression Knee Support Sleeve User Manual

Model: DP151KB05-BLK-M-L

PRODUCT OVERVIEW

The DonJoy Performance TRIZONE Compression Knee Support Sleeve is engineered to deliver three zones of compression: a comfort zone, a stability zone, and a compression zone. This design provides targeted support and compression to the knee, promoting circulation, reducing swelling, and enhancing proprioception. It is ideal for individuals seeking support during athletic activities, recovery from minor injuries, or general knee discomfort.





Image: DonJoy Performance TRIZONE Compression Knee Support Sleeve in black, shown on a leg.

FITTING AND SIZING INSTRUCTIONS

Proper sizing is crucial for the effectiveness and comfort of your DonJoy Performance knee support. Please follow the instructions below to accurately measure your leg and select the correct size. For a visual guide, please watch the official sizing video:

Your browser does not support the video tag.

Video: Official DonJoy Performance guide on how to measure for knee brace sizing.

How to Measure

To determine your DonJoy knee brace size, you will need a tape measure to take three measurements. Stand with your legs shoulder-width apart, slightly bent, with your muscles contracted.

1. **Knee Center:** Measure the circumference of your leg at the midpoint of your kneecap.
2. **Thigh:** Measure 6 inches up from the center of your kneecap. At this 6-inch spot, measure the circumference of your thigh.
3. **Calf:** Measure 6 inches down from the center of your kneecap. At this 6-inch spot, measure the circumference of

your calf.

Size Chart

Match your measurements with the corresponding DonJoy knee brace size in the chart below:

Brand Size	Thigh Circumference (in)	Knee Center (in)	Calf Circumference (in)
XS	13 - 15.5	12 - 13	10 - 12
S	15.5 - 18.5	13 - 14	12 - 14
M	18.5 - 21	14 - 15	14 - 16
L	21 - 23.5	15 - 17	16 - 18
XL	23.5 - 26.5	17 - 19	18 - 20

USAGE GUIDELINES

Once you have selected the correct size, carefully slide the TRIZONE Compression Knee Support Sleeve onto your leg. Ensure the patella opening (if applicable) is centered over your kneecap and the compression zones align with your thigh, knee, and calf for optimal support.

- **Application:** Pull the sleeve up your leg until the knee area is comfortably positioned over your kneecap. The top and bottom bands should sit securely on your thigh and calf without rolling or pinching.
- **Comfort:** The breathable material and anatomical design are intended for extended wear. Adjust as needed to ensure comfort and proper blood circulation.
- **Activity:** This sleeve is suitable for various activities, including walking, running, and general exercise, providing consistent compression and support.

CARE AND MAINTENANCE

To maintain the integrity and longevity of your DonJoy Performance TRIZONE Compression Knee Support Sleeve, follow these care instructions:

- **Washing:** Hand wash in cold water with mild soap.
- **Drying:** Air dry completely. Do not tumble dry, iron, or bleach.
- **Storage:** Store in a cool, dry place away from direct sunlight.
- **Avoid:** Do not use fabric softeners, as they can degrade the elastic fibers.

TROUBLESHOOTING

If you encounter any issues with your knee support sleeve, consider the following common solutions:

- **Discomfort or Pinching:** Ensure the sleeve is not too tight. Re-measure your leg and compare with the size chart. The sleeve should be snug but not restrictive.
- **Slipping Down:** Verify that the sleeve is pulled up sufficiently and that the top and bottom bands are not folded or creased. Ensure your measurements align with the size chart, as an incorrect size can lead to slipping.
- **Reduced Compression:** Over time, elastic materials can lose some compression. Ensure you are following the care instructions to prolong the life of the sleeve.

- **Skin Irritation:** If skin irritation occurs, discontinue use and consult a healthcare professional. Ensure the sleeve is clean and dry before each use.

PRODUCT SPECIFICATIONS

Feature	Detail
Item Package Dimensions L x W x H	9.88 x 5.24 x 1.46 inches
Package Weight	0.14 Kilograms
Item Dimensions LxWxH	10 x 5.3 x 1.5 inches
Item Weight	0.14 Kilograms
Brand Name	DonJoy Performance
Color	Black
Material	Silicone
Number of Items	1
Manufacturer	DonJoy Performance
Part Number	DP151KB05-BLK-M-L
Style	Left
Size	Medium
Sport Type	Walking
Specific Uses For Product	Knee Support
Use for	Knee
Age Range (Description)	Adult

WARRANTY AND SUPPORT

DonJoy Performance products are manufactured to high standards. For specific warranty information regarding your TRIZONE Compression Knee Support Sleeve, please refer to the product packaging or contact DonJoy Performance directly. For additional support or to speak with a Brace Coach, you may visit the official website or call the support line.

- **Website:** [BetterBraces.com](https://www.betterbraces.com)
- **Phone:** 1-800-553-6019

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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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