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› [DonJoy Performance](#) /

› DonJoy Performance BIONIC FULLSTOP ACL Knee Brace Instruction Manual

DonJoy Performance DP151KB06-BLK-M

DonJoy Performance BIONIC FULLSTOP ACL Knee Brace Instruction Manual

Model: DP151KB06-BLK-M

PRODUCT OVERVIEW

The DonJoy Performance BIONIC FULLSTOP ACL Knee Brace is designed to provide protection for the Anterior Cruciate Ligament (ACL) during recovery from injury and to assist in preventing future injuries. It incorporates FULLSTOP dampening hinges to prevent hyperextension and improve joint mechanics.

This brace features compression and thermal heat regulation technology to manage temperature during activity, and anti-migration technology to ensure the brace remains in place. Adjustable straps allow for a customized and secure fit. Reflectivity is included for enhanced visibility in low-light conditions.

The BIONIC FULLSTOP ACL Knee Brace is intended for the treatment and protection of ACL and meniscus injuries, joint instabilities, moderate ligament and tendon sprains, hyperextension, and patella support. It is suitable for use in sports such as football, soccer, skiing/snowboarding, basketball, lacrosse, and volleyball.



Image: Front view of the DonJoy Performance BIONIC FULLSTOP ACL Knee Brace, showcasing its black design, straps, and hinge mechanism.

SIZING AND FIT

Proper sizing is crucial for the effective function and comfort of your DonJoy Performance BIONIC FULLSTOP ACL Knee Brace. Please follow the instructions below to measure your leg accurately.

HOW TO MEASURE



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

2. Measure six inches (6 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 6-Inch 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: A step-by-step visual guide demonstrating how to measure thigh and calf circumference for proper knee brace sizing. It shows a person standing with bent knees, measuring 6 inches from the center of the knee, and then measuring the circumference at that mark.

How to Measure:

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

Size Chart:

Brand Size	Thigh Circumference (in)	Knee (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
2XL	26.5 - 29.5	19 - 21	20 - 22
3XL	29.5 - 32	21 - 23	22 - 24

SETUP AND INITIAL FITTING

After determining the correct size, proceed with fitting the brace. The DonJoy Performance BIONIC FULLSTOP ACL Knee Brace is designed for easy application and adjustment.

- 1. **Prepare the Brace:** Unfasten all straps on the brace. Ensure the brace is oriented correctly, with the hinge mechanisms positioned on either side of the knee.
- 2. **Position on Leg:** Slide the brace onto your leg, ensuring the patella opening (if present) is centered over your kneecap. The hinges should align with the natural bend of your knee.





Image: Side view of the DonJoy Performance BIONIC FULLSTOP ACL Knee Brace correctly positioned on a person's leg, showing the hinge alignment with the knee joint.

3. **Secure Straps:** Begin fastening the straps, typically starting with the strap directly above the knee, then below the knee, and finally the thigh and calf straps. Adjust each strap to be snug but not overly tight, allowing for comfortable movement without slippage.





Image: Front view of the DonJoy Performance BIONIC FULLSTOP ACL Knee Brace on a person's leg, demonstrating the secure fit of the straps around the thigh and calf.

4. **Check Fit:** Move your leg through its range of motion. The brace should remain in place without pinching or excessive pressure. Re-adjust straps as needed to achieve a secure, comfortable fit. The anti-migration technology helps prevent sleeve movement during activity.

OPERATING AND USAGE

The BIONIC FULLSTOP ACL Knee Brace is designed to support and protect your knee during various activities. Its key features work together to provide stability and prevent injury.

- **FULLSTOP Dampening Hinges:** These hinges are engineered to prevent hyperextension of the knee. Through a dampening cycle, they help train your body to avoid "at-risk" positions, improving joint mechanics for both the braced and un-braced knee.
- **Compression and Thermal Regulation:** The brace's material provides compression, which can aid in reducing swelling and improving circulation. The thermal heat regulation technology helps prevent overheating during physical exertion.
- **Activity Integration:** This brace is suitable for a range of sports and activities where knee support is beneficial, including football, soccer, skiing/snowboarding, basketball, lacrosse, and volleyball.



Image: An athlete running on a grassy field, demonstrating the DonJoy Performance BIONIC FULLSTOP ACL Knee Brace in active use during a sport.



Image: An athlete standing on a field with a football, wearing the DonJoy Performance BIONIC FULLSTOP ACL Knee Brace, illustrating its use in football.



Image: An athlete performing a stretch on a grassy field while wearing the DonJoy Performance BIONIC FULLSTOP ACL Knee Brace, showing its flexibility during movement.

CARE AND MAINTENANCE

Proper care and maintenance will extend the life of your knee brace and ensure its continued effectiveness.

- **Cleaning:** Hand wash the brace with mild soap and cold water. Rinse thoroughly. Do not use bleach or harsh detergents.
- **Drying:** Air dry completely before re-using or storing. Do not tumble dry or expose to direct heat.
- **Storage:** Store the brace 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 straps, hinges, or fabric. If significant damage is observed, discontinue use and contact customer support.

TROUBLESHOOTING

If you encounter issues with your DonJoy Performance BIONIC FULLSTOP ACL Knee Brace, consider the following common solutions:

- **Brace Slipping:**
 - Ensure all straps are tightened securely but comfortably.
 - Verify that the brace is correctly sized according to the measurement guide. An incorrect size can lead to slippage.
 - Check for any debris or excessive moisture on the skin or brace material that might reduce friction.
- **Discomfort or Pinching:**
 - Loosen straps slightly and re-adjust for a more comfortable fit.
 - Ensure the brace is positioned correctly on the knee, with the patella opening centered.
 - Wear appropriate clothing (e.g., a thin sleeve) underneath the brace if direct contact with skin causes irritation.
- **Hinge Malfunction:**
 - Inspect hinges for any visible damage or obstruction.
 - Ensure hinges are clean and free of dirt or debris.
 - If hinges are stiff or not moving freely, and cleaning does not resolve the issue, contact customer support.

PRODUCT SPECIFICATIONS

Feature	Detail
Item Package Dimensions L x W x H	16.57 x 8.11 x 3.07 inches
Package Weight	1.11 Kilograms
Item Dimensions LxWxH	8.2 x 16.55 x 3.05 inches
Item Weight	0.45 Kilograms
Brand Name	DonJoy Performance
Model Name	DP151KB06-BLK-M
Color	Black
Material	Silicone
Suggested Users	unisex-adult
Number of Items	1
Manufacturer	DJO Global

Part Number	DP151KB06-BLK-M
Included Components	Knee Brace
Size	Medium
Sport Type	Basketball, Football
Date First Available	May 30, 2016
Specific Uses For Product	Hyperextension, Sprain
Use for	Knee
Age Range (Description)	Adult

MANUFACTURER INFORMATION AND SUPPORT

For further assistance, product inquiries, or warranty information, please contact the manufacturer:

Manufacturer: DJO Global

Address: 3300 Eagle Parkway STE150 Denton, TX 76177

Please refer to your purchase documentation for specific warranty terms and conditions.

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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.

Name

Anonymous

Email

you@example.com

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