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DonJoy Performance DP151KB04-BLK-S

DonJoy Performance Bionic Knee Brace Instruction Manual

Introduction

The DonJoy Performance Bionic Knee Brace is designed to provide advanced support and protection for the knee joint. Featuring bilateral polycentric hinges and an adjustable patella support, this brace helps stabilize the knee during various activities, preventing twisting and hyperextension. Its wrap-around design ensures a comfortable and secure fit, making it suitable for individuals recovering from injuries or seeking preventative support.

Included Components

- 1 x DonJoy Performance Bionic Knee Brace

Sizing Guide

To ensure optimal fit and performance, accurately measure your leg before selecting a brace size. Measure around your leg in three key areas:

1. Directly over the kneecap.
2. 6 inches (15 cm) above the kneecap.
3. 6 inches (15 cm) below the kneecap.

Refer to the product's sizing chart to match your measurements with the appropriate brace size. A proper fit is crucial for effective support and comfort.



Image: Measuring the knee for correct brace sizing.

Application Instructions

Follow these steps to correctly apply your DonJoy Performance Bionic Knee Brace:

1. **Loosen Straps:** Ensure all straps are loosened so the brace lays flat.
2. **Position Brace:** Place the brace over your knee, aligning the hexagonal patella opening directly over your kneecap. The bilateral polycentric hinges should run symmetrically down both sides of your leg.
3. **Secure Back Panels:** Attach the top and bottom back Velcro panels to achieve a snug fit around your leg.
4. **Thread and Tighten Straps:** Thread the stretch webbing straps through the D-rings and tighten them to your desired level of compression and support. Ensure the brace is snug but not so tight that it restricts circulation.
5. **Check Fit:** Bend your knee to assess how the brace moves with your body. Adjust straps as needed to eliminate any bunching or discomfort. The brace should feel secure and provide consistent support throughout your range of motion.

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Video: Demonstrating the proper application of the DonJoy Performance Bionic Knee Brace.



Image: Front view of the DonJoy Performance Bionic Knee Brace on a leg.



Image: Side view of the DonJoy Performance Bionic Knee Brace, showing the hinged design.

Operating Guidelines

The DonJoy Performance Bionic Knee Brace is designed for active use, providing support while allowing freedom of movement. Its anti-migration technology helps keep the brace in place during activity. If the brace shifts during use, simply pull it up or down to reposition it for optimal comfort and support. The perforated neoprene material ensures breathability, reducing overheating and sweating during prolonged wear.



Image: Athlete wearing the knee brace during activity.

Care and Maintenance

To maintain the longevity and hygiene of your knee brace, follow these care instructions:

- After each use, especially after activities involving sweat or water, rinse the brace with fresh, clean water.
- Allow the brace to air dry completely before storing. Do not use a machine dryer, as high heat can damage the materials.
- Periodically check the Velcro closures for debris and clean as needed to ensure strong adhesion.

Troubleshooting

If you experience any discomfort or issues with your knee brace, consider the following:

- **Improper Fit:** Re-evaluate your measurements against the sizing guide. A brace that is too tight can restrict circulation, while one that is too loose may not provide adequate support.
- **Shifting During Activity:** Ensure all straps are securely tightened. The anti-migration technology is designed

to minimize movement, but proper application is key.

- **Skin Irritation:** Ensure the brace is clean and dry before each use. If irritation persists, consult a healthcare professional.

Specifications

Feature	Detail
Model Number	DP151KB04-BLK-S
Brand	DonJoy Performance
Color	Black
Size	Small
Material	Neoprene
Item Weight	0.45 Kilograms
Item Dimensions (LxWxH)	14.5 x 5.8 x 2.7 inches
Specific Uses For Product	Hyperextension
Use for	Legs
Age Range	Adult

Warranty and Support

For any questions regarding your DonJoy Performance Bionic Knee Brace, including warranty information or product support, please contact DonJoy Performance customer service. Refer to the product packaging or the official DonJoy Performance website for contact details.

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