DonJoy Performance Bionic Fullstop ACL Knee Brace

DonJoy Performance Bionic Fullstop ACL Knee Brace and Cold Therapy Pack User Manual

Model: Bionic Fullstop ACL Knee Brace
Brand: DonJoy Performance

1. Introduction

This manual provides comprehensive instructions for the proper use, fitting, and care of your DonJoy Performance Bionic Fullstop ACL Knee Brace and the accompanying Reusable Gel Ice Pack Cold Therapy. Please read all instructions carefully before initial use to ensure optimal performance and safety. This product is designed to provide support and protection for the knee, particularly for ACL injuries and hyperextension prevention, while the cold therapy pack aids in recovery and pain management.

2. Safety Information

Important: Consult a medical professional before using this product, especially if you have pre-existing conditions or are recovering from an injury. Improper use may lead to discomfort or further injury.

- Do not overtighten the knee brace, as this may restrict circulation.
- Discontinue use and consult a physician if you experience increased pain, numbness, tingling, or skin irritation.
- Ensure the brace is correctly sized for your leg to prevent slippage or ineffective support.
- For the cold therapy pack, do not apply directly to the skin. Always use a cloth barrier between the pack and your skin.
- Monitor skin frequently during cold therapy to prevent frostbite or skin damage.
- Do not use the cold therapy pack if it is punctured or leaking.

3. Product Overview

The DonJoy Performance Bionic Fullstop ACL Knee Brace is engineered for advanced knee support. It features a unique Fullstop dampening hinge system designed to prevent hyperextension. The brace combines neoprene and breathable mesh for comfort and temperature regulation, along with anti-migration technology to ensure it stays in place during activity. The four-strap design provides secure and adjustable compression.



This image shows the DonJoy Performance Bionic Fullstop ACL Knee Brace correctly positioned on a leg, highlighting its overall design and fit.



This diagram points out various features of the knee brace, including easy on/off tabs, neoprene and mesh combination, reflectivity, Fullstop dampening hinges, anti-migration technology, and the four-strap design.

The Reusable Gel Ice Pack Cold Therapy is designed to provide targeted cold relief to reduce swelling and pain. It is flexible when frozen, allowing it to conform to the body's contours.



This image displays the blue Reusable Gel Ice Pack Cold Therapy, showing its size and branding.

4. Setup and Fitting the Knee Brace

Follow these steps to correctly fit your DonJoy Performance Bionic Fullstop ACL Knee Brace:

1. **Prepare the Brace:** Unfasten all straps and ensure the brace is fully open.
2. **Position the Brace:** Sit down and bend your knee slightly. Slide the brace onto your leg, ensuring the patella opening is centered over your kneecap. The hinges should align with the sides of your knee joint.
3. **Secure Lower Straps:** Fasten the two lower straps (below the knee) first. Adjust them for a snug, but comfortable, fit. They should not be overly tight.
4. **Secure Upper Straps:** Fasten the two upper straps (above the knee). Adjust them to provide firm support without restricting circulation.
5. **Check Fit:** Stand up and walk a few steps. The brace should feel secure and comfortable, allowing for natural knee movement without excessive shifting. Adjust straps as needed. The anti-migration technology should help keep the brace in place.



A man performing a stretch on a sports field, wearing the DonJoy Performance Bionic Fullstop ACL Knee Brace, demonstrating its use during physical activity.

5. Operating the Cold Therapy Pack

To use the Reusable Gel Ice Pack Cold Therapy:

1. **Chill the Pack:** Place the gel pack in a freezer for at least 2 hours, or until it reaches the desired coldness. The pack remains flexible even when frozen.
2. **Prepare for Application:** Always wrap the frozen gel pack in a thin towel or cloth barrier before applying it to your skin. Never apply the pack directly to bare skin.
3. **Apply to Affected Area:** Place the wrapped cold pack over the area requiring cold therapy.
4. **Duration:** Apply cold therapy for no more than 15-20 minutes at a time. Allow at least 20 minutes between applications.
5. **Monitor Skin:** Regularly check your skin for any signs of excessive cold, redness, or irritation. If any discomfort occurs, remove the pack immediately.



A woman applying the Reusable Gel Ice Pack Cold Therapy to her knee, demonstrating proper usage with a barrier.

6. Maintenance

Proper maintenance will extend the life of your products.

Knee Brace Care:

- **Cleaning:** Hand wash the brace in cold water with mild soap. Do not use bleach or harsh detergents.
- **Drying:** Air dry thoroughly. Do not machine dry or expose to direct heat.
- **Storage:** Store in a cool, dry place away from direct sunlight when not in use.

Cold Therapy Pack Care:

- **Cleaning:** Wipe clean with a damp cloth and mild soap.
- **Storage:** Store in the freezer for immediate use or in a cool, dry place.
- **Inspection:** Periodically inspect the pack for any signs of damage or leakage. Discard if damaged.

7. Troubleshooting

- **Brace is slipping:**
  Solution: Ensure all straps are securely fastened and adjusted for a snug fit. The anti-migration technology relies on proper tension. Re-evaluate your size to ensure it matches your measurements.
- **Discomfort or pinching from the brace:**
  Solution: Loosen the straps slightly. Ensure the brace is correctly aligned with your kneecap and hinges. If discomfort persists, discontinue use and consult a medical professional.
- **Cold therapy pack is too cold or causing skin irritation:**
  Solution: Always use a cloth barrier between the pack and your skin. Reduce application time. If irritation continues, discontinue use.
- **Cold therapy pack is not cold enough:**
  Solution: Ensure the pack has been in the freezer for sufficient time (at least 2 hours).

8. Specifications

Product Dimensions	17.3 x 13.3 x 7.7 inches
Item Weight	11.58 pounds
Brand	DonJoy Performance
Specific Uses For Product	ACL, Hyperextension
Use For	Knee
Age Range (Description)	Adult
Color	Blue

9. Warranty and Support

For information regarding product warranty, please refer to the official DonJoy Performance website or contact their customer support directly. Warranty terms and conditions may vary.
For further assistance or inquiries, please visit the DonJoy Performance official website or contact their customer service department. Contact details are typically available on the product packaging or the manufacturer's website.

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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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