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DonJoy Performance DP171KW01-SGR-S,M

DonJoy Performance Bionic Comfort Hinged Knee Brace Instruction Manual

Model: DP171KW01-SGR-S,M

Introduction

This manual provides essential instructions for the proper use, application, and maintenance of your DonJoy Performance Bionic Comfort Hinged Knee Brace. Designed to offer support and protection, this brace is intended to assist in the recovery and prevention of various knee injuries, including those related to ligaments, meniscus, instability, and sprains. Please read these instructions carefully before using the product to ensure optimal performance and safety.

Product Overview and Features

The DonJoy Performance Bionic Comfort Hinged Knee Brace is engineered with several features to provide comprehensive knee support:

- **Dual Aluminum Polycentric Hinges:** Provides robust medial/lateral knee instability and hyperextension control.
- **Open Popliteal Design:** Strategically designed to eliminate pinching and enhance comfort during movement.
- **Rubber Condyle Pads:** Integrated to prevent slippage, ensuring the brace stays securely in place.
- **Perforated Neoprene Material:** Offers compression and warmth, promoting circulation and comfort.
- **Terrycloth Lining:** Wicks away moisture, keeping the skin dry and comfortable.
- **Wrap-Around Style:** Facilitates easy on/off application, especially beneficial for individuals with limited mobility or when wearing over clothing.
- **Stretch Webbing Straps:** Allows for maximum adjustability and a personalized, secure fit.

Setup and Application

Follow these steps for proper application of your knee brace:

1. **Unfasten Straps:** Fully unfasten all hook-and-loop straps on the brace. The wrap-around design allows the brace to open completely.
2. **Position Brace:** Place the brace around your knee, ensuring the open popliteal area is centered behind your knee and the patella opening is centered over your kneecap. The hinges should align with the sides of your knee joint.

3. **Secure Main Body:** Wrap the main body of the brace around your leg and secure the central hook-and-loop closure firmly but comfortably.
4. **Fasten Straps:** Begin by fastening the lower strap, then the upper strap. Adjust each strap to achieve a snug, supportive fit without being overly tight or restricting circulation.
5. **Check Fit:** Bend and straighten your knee a few times to ensure the brace moves naturally with your leg and provides consistent support. Adjust straps as needed.

Figure 1: Proper placement of the DonJoy Performance Bionic Comfort Hinged Knee Brace on the leg.

Figure 2: Side view illustrating the hinged design and strap placement for secure fit.

Operating Instructions (Usage)

The DonJoy Performance Bionic Comfort Hinged Knee Brace is designed for use during various activities to provide stability and reduce discomfort. It is suitable for walking, hiking, basketball, baseball, tennis, softball, volleyball, wrestling, skiing, running, cheer, track and field, and day-to-day activities.

- Ensure the brace is securely fastened before engaging in physical activity.
- Periodically check the straps during extended use to ensure they remain snug and the brace has not shifted.
- If you experience any discomfort, numbness, or tingling, loosen the straps or re-adjust the brace. If symptoms persist, discontinue use and consult a medical professional.

Maintenance

Proper care will extend the life of your knee brace:

- **Washing:** The brace is machine washable. It is recommended to wash it in cold water on a gentle cycle.
- **Drying:** Air dry the brace completely. Do not use a dryer, as high heat can damage the materials and elastic components.
- **Chemicals:** Do not use bleach, harsh detergents, or fabric softeners, as these can degrade the material.
- **Storage:** Store the brace in a clean, dry place away from direct sunlight and extreme temperatures.

Troubleshooting

If you encounter issues with your knee brace, consider the following:

- **Brace Slippage:** Ensure all straps are tightened appropriately. The rubber condyle pads should be correctly positioned to prevent downward migration. Re-adjust the brace and straps for a firmer fit.
- **Discomfort or Pinching:** Check if the brace is positioned correctly, especially the open popliteal area behind the knee. Loosen straps slightly if they are too tight. Ensure no clothing is bunched up under the brace.
- **Improper Fit:** Verify that you have selected the correct size according to the manufacturer's sizing chart. An incorrect size can lead to ineffective support or discomfort.
- **Reduced Support:** Over time, materials may stretch. Re-tighten straps as needed. If the brace no longer provides adequate support despite adjustments, it may need replacement.

Specifications

Attribute	Detail
Product Dimensions	12.5 x 5.25 x 2 inches
Item Weight	12 ounces
Manufacturer	DonJoy Performance
Item Model Number	DP171KW01-SGR-S,M
Brand	DonJoy Performance
Size	Small/Medium (Pack of 1)
Specific Uses For Product	Meniscus Injury, MCL and LCL Protection, Knee Instability, Hyperextension, Strained Muscles or Tendons, Sprained Ligaments
Use For	Knee
Age Range (Description)	Adult

Warranty and Support

For specific warranty information regarding your DonJoy Performance Bionic Comfort Hinged Knee Brace, please refer to the documentation included with your purchase or visit the official DonJoy Performance website. For product support, inquiries, or assistance with troubleshooting beyond the scope of this manual, please contact DonJoy Performance customer service directly.

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