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› Brace Direct OA Unloader Knee Brace Instruction Manual

Brace Direct B09C1183B3

Brace Direct OA Unloader Knee Brace Instruction Manual

Model: B09C1183B3

1. PRODUCT OVERVIEW

The Brace Direct Osteoarthritis (OA) Unloader Knee Brace is designed to provide targeted pain relief and support for individuals experiencing knee pain due to osteoarthritis, cartilage degeneration, joint inflammation, or other knee instabilities. This adjustable hinged brace helps to unload pressure from the affected knee compartment, promoting stability and aiding in recovery.

Key Features:

- **Targeted Pain Relief:** Engineered to unload pressure from the affected knee compartment, relieving pain from medial or lateral osteoarthritis, cartilage degeneration, and joint inflammation.
- **Adjustable ROM & Varus/Valgus Correction:** Features a precision range-of-motion dial and adjustable hinge system to tailor extension and flexion limits, ideal for recovery, realignment, and joint stabilization.
- **Lightweight Comfort & Non-Slip Support:** Breathable vented frame and medical-grade non-slip fabric ensure all-day comfort and a secure fit, reducing irritation and eliminating the need for frequent adjustments.

2. SETUP AND FITTING

Sizing Information:

To ensure accurate sizing and optimal knee support, measure your thigh circumference 6 inches above the mid-patella (kneecap). This brace fits thigh circumferences between 17 and 30 inches.

Measure your thigh 6 inches above the mid-patella to determine the correct brace size.

Applying the Brace:

Follow these steps for proper brace application:

1. Secure strap 1 around the leg, ensuring it is positioned above the calf muscle to prevent sliding.
2. Secure strap 2 around the calf for lower leg stability.
3. Wrap straps 3 and 4 for upper leg stability.

Proper strap placement for the Brace Direct OA Unloader.

Installing Range of Motion (ROM) Stops:

The brace comes with various flexion and extension stops to limit knee movement as recommended by your physician. Use the included Phillips head screwdriver for installation.

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Video demonstrating how to install Range of Motion (ROM) stops on the Brace Direct OA Unloader.

1. Remove both screws on the hinge using the provided Phillips head screwdriver.
2. Choose your desired flexion or extension stop based on your physician's recommendations. Flexion stops have a rounded ridge on the base, while extension stops have a rectangular ridge. The degree of the stop is printed on its metal face.
3. Drop the selected stop into the hinge and tap it down into place. Flexion stops are inserted on one side of the hinge, and extension stops fit into the other side.
4. Replace the screws on the hinge and tighten them back into place.

3. OPERATING THE BRACE

Varus/Valgus Adjustments:

The brace features Varus/Valgus adjustments to fine-tune the unloading mechanism for optimal pain relief. Turn the adjustment mechanism clockwise to relieve lateral pain and counter-clockwise for medial pain.

Adjusting the brace for lateral or medial pain relief.

The brace also features a vented, open design for breathability, comfort padding with non-slip properties to prevent skin irritation, and quick-release buckles for easy application and removal.

Features of the Brace Direct OA Unloader, including vented design and comfort padding.

4. MAINTENANCE

Lubricating Squeaky Hinges:

If you encounter squeaky hinges, lubrication can easily resolve this issue. Locate the hinge of your knee brace. Note that one side of the hinge has no ridges, and the other side has ridges. This is where you want to place your lubricant.

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Video demonstrating how to lubricate squeaky hinges on the Brace Direct OA Unloader.

1. Using a toothpick, rub a small amount of lubricant into the ridges on the hinge.
2. Wipe any excess lubricant off the hinge.
3. Move the brace back and forth until the lubricant is evenly distributed and the squeaking stops.

5. TROUBLESHOOTING

Skin Irritation:

If skin irritation occurs from the brace rubbing, you can use a knee sleeve or anti-migration padding.

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Video demonstrating how to use a knee sleeve to prevent skin irritation.

To use a knee sleeve: Locate the larger side of the opening and step into the knee sleeve, pulling it up and above the middle of the thigh. Apply the brace on top of the fitted knee sleeve to prevent friction and rubbing.

Non-slip padding helps prevent skin irritation and the need for constant readjustment.

Brace Sliding:

If your knee brace is sliding down, first check strap 1 placement. Often, correcting this strap placement will resolve the issue. Bring strap 1 above the calf muscle and re-secure the straps. Ensuring strap 1 is angled up and above the calf muscle will often resolve sliding issues.

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Video demonstrating how to adjust straps to prevent brace sliding.

If the brace continues to slide down, it may be due to the size or shape of the calf. Brace Direct offers an anti-migration strap that can be applied to your calf prior to applying your brace.

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Video demonstrating the use of an anti-migration strap to prevent brace sliding.

To apply the anti-migration strap: Simply fasten the anti-migration strap around the top of the calf, just below the knee. Place the knee brace on your leg, centering the condyle pad on the outside of the knee, and making sure that strap 1 is angled up and above the calf. If it feels bulky in the calf area, you can remove the anti-migration pads by unfastening the Velcro and removing them.

6. SPECIFICATIONS

Attribute	Value
Brand	Brace Direct
Size	Right
Specific Uses For Product	Arthritis, Collateral Ligament Injury, Instability, Sprain, Torn Meniscus
Use for	Knee
Age Range (Description)	Adult

7. WARRANTY AND SUPPORT

Brace Direct is an American Owned Company committed to your satisfaction. For personalized support, including a free video fitting and adjustment session to achieve the perfect fit, please reach out to Brace Direct to schedule an appointment with a fitting professional.

If you are unhappy with your product for any reason, please visit [brace.direct](https://www.brace.direct) to initiate a return and receive a full refund.