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## Ossur Formfit Tracker Knee Brace

# Ossur Formfit Tracker Knee Brace Instruction Manual

Model: Formfit Tracker Knee Brace

## 1. INTRODUCTION

This manual provides essential information for the proper use and maintenance of your Ossur Formfit Tracker Knee Brace. The Formfit Tracker is designed to provide support and stabilization for the patella (kneecap), assisting with conditions such as patella tracking issues, Jumper's Knee, and general knee discomfort during physical activities. Adhering to these instructions will help ensure the brace functions effectively and provides optimal support.



Image 1.1: Side view of the Ossur Formfit Tracker Knee Brace, showcasing its design and straps.

## 2. SIZING AND FIT

Correct sizing is crucial for the effectiveness and comfort of the Formfit Tracker Knee Brace. Please measure your thigh and calf circumference as instructed below to select the appropriate size.

### 2.1 How to Measure

- 1. Thigh Circumference:** Measure 15 cm (6 inches) above the mid-patella (center of the kneecap).
- 2. Calf Circumference:** Measure 15 cm (6 inches) below the mid-patella (center of the kneecap).

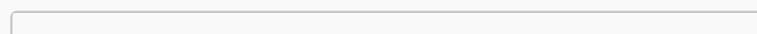


Image 2.1: Visual guide for measuring thigh and calf circumference to determine brace size.

### 2.2 Size Chart

| Size | Thigh Circumference (in) | Calf Circumference (in) |
|------|--------------------------|-------------------------|
| XS   | 13 - 15.5                | 10 - 12                 |
| S    | 15.5 - 18.5              | 12 - 14                 |
| M    | 18.5 - 21                | 14 - 16                 |
| L    | 21 - 23.5                | 16 - 18                 |
| XL   | 23.5 - 26.5              | 18 - 20                 |
| 2XL  | 26.5 - 29.5              | 20 - 22                 |
| 3XL  | 29.5 - 32                | 22 - 24                 |

If your measurements fall between sizes, consider the smaller size for a tighter fit or the larger size for more comfort, depending on your preference and activity level.

### 3. SETUP AND APPLICATION

Follow these steps to correctly apply your Ossur Formfit Tracker Knee Brace:

- 1. Positioning:** Sit or stand with your leg slightly bent. Slide the brace onto your leg, ensuring the patella opening is centered over your kneecap. The brace should be positioned so that the ReflexWing™ buttress comfortably cradles the patella.
- 2. Secure Lower Straps:** Fasten the lower straps first. Pull them firmly but not uncomfortably tight, securing the hook-and-loop closures.
- 3. Secure Upper Straps:** Fasten the upper straps, ensuring they are snug around your thigh. The Powerlock Straps are designed for secure lateral support and should provide a firm, yet comfortable, compression.
- 4. Adjust CustomFit™ Hinges:** The CustomFit™ bars (or hinges) on the sides provide customized fit and support. Ensure they align with the natural movement of your knee. Adjust the straps to achieve even compression and stability without restricting circulation.
- 5. Check for Comfort:** Stand up and bend your knee a few times to ensure the brace moves with you and does not pinch or rub. Readjust straps as needed. The Anti-Migration Tech™ helps minimize brace movement during activities.

# SIZE GUIDE

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| Size   | XS          | S                                   | M   | L                                   | XL                                  | XXL   | 3XL   |                                     |
|--|-------------|-------------------------------------|---|-------------------------------------|-------------------------------------|---|---|-------------------------------------|
| Calf Circumference<br>15 cm (6") Below<br>Mid Patella  | Centimeters | 25 - 30                             | 30 - 35   | 35 - 40                             | 40 - 46                             | 46 - 51   | 51 - 56   | 56 - 61                             |
|  | Inches      | 10 - 12                             | 12 - 14   | 14 - 16                             | 16 - 18                             | 18 - 20   | 20 - 22   | 22 - 24                             |
| Thigh Circumference<br>15 cm (6") Below<br>Mid Patella | Centimeters | 33 - 39                             | 39 - 47   | 47 - 53                             | 53 - 60                             | 60 - 67   | 67 - 75   | 75 - 81                             |
|  | Inches      | 13 - 15 <sup>1</sup> / <sub>2</sub> | 15 <sup>1</sup> / <sub>2</sub> - 18 <sup>1</sup> / <sub>2</sub> | 18 <sup>1</sup> / <sub>2</sub> - 21 | 21 - 23 <sup>1</sup> / <sub>2</sub> | 23 <sup>1</sup> / <sub>2</sub> - 26 <sup>1</sup> / <sub>2</sub> | 26 <sup>1</sup> / <sub>2</sub> - 29 <sup>1</sup> / <sub>2</sub> | 29 <sup>1</sup> / <sub>2</sub> - 32 |
| Left   | 719162      | 719163                              | 719164  | 719165                              | 719166                              | 719167  | 719168  |                                     |
| Right  | 719152      | 719153                              | 719154  | 719155                              | 719156                              | 719157  | 719158  |                                     |

Image 3.1: Diagram illustrating key features such as Anti-Migration Tech, ReflexWing buttress, and CustomFit bars for optimal fit and support.

## 4. OPERATING AND USAGE

The Ossur Formfit Tracker Knee Brace is intended for use during activities that may stress the knee joint, particularly for individuals experiencing patella instability or pain. It provides targeted support and compression to help realign the kneecap and reduce discomfort.

- Recommended Activities:** The brace is suitable for various activities including running, training, gym workouts, basketball, soccer, weightlifting, and football.
- Duration of Use:** Wear the brace during periods of activity or as recommended by a healthcare professional. Avoid wearing it for extended periods if it causes discomfort or skin irritation.
- Adjustable Compression:** The Powerlock Straps allow for adjustable compression. Tighten or loosen the straps to achieve the desired level of support and comfort. Ensure the brace is snug but does not restrict blood flow.



ANTI-MIGRATION  
TECH™:  
for minimizing  
migration during  
activities



REFLEXWING™:  
butress for  
comfortable  
patella  
realignment



CUSTOMFIT™:  
bars (or hinges) for  
customized fit and  
support

Image 4.1: An individual wearing the knee brace while running, illustrating its use during various sports and physical activities.

## 5. CARE AND MAINTENANCE

Proper care will extend the life of your Ossur Formfit Tracker Knee Brace:

- **Cleaning:** Hand wash the brace in cold water with mild soap. Do not use bleach or harsh detergents.
- **Drying:** Air dry completely. Do not tumble dry, iron, or dry clean. Avoid direct sunlight or high heat, as this can damage the materials.
- **Storage:** Store the brace in a cool, dry place away from direct sunlight when not in use. Ensure all hook-and-loop closures are fastened to prevent them from snagging other fabrics.
- **Inspection:** Regularly inspect the brace for any signs of wear, tear, or damage to the straps, hinges, or fabric. Discontinue use if significant damage is observed.

## 6. TROUBLESHOOTING

If you encounter issues with your Formfit Tracker Knee Brace, consider the following:

- **Discomfort or Pinching:** This often indicates incorrect sizing or improper application. Re-measure your leg and consult the size chart. Ensure the brace is centered and straps are tightened evenly without over-tightening.
- **Brace Slipping:** If the brace slides down during activity, it may be too loose or the wrong size. Ensure all straps are securely fastened and consider if a smaller size might be more appropriate. The Anti-Migration Tech™ is designed to minimize slipping, but proper fit is essential.
- **Strap Durability:** Over time, hook-and-loop closures may lose effectiveness. Ensure they are kept clean and free of lint. If straps become significantly worn or damaged, contact Ossur customer support for assistance.
- **Insufficient Support:** Verify that the brace is correctly positioned and all straps are tightened to provide adequate compression. If the issue persists, consult a healthcare professional to ensure the brace is

appropriate for your specific condition.

## 7. SPECIFICATIONS

- **Product Dimensions:** 10 x 8 x 2 inches
- **Weight:** Approximately 13.44 ounces
- **Manufacturer:** Ossur
- **Specific Uses:** Knee pain relief, patella stabilization
- **Body Part:** Legs
- **Age Range:** Above 12 years
- **Key Features:** Powerlock Straps, CustomFit Hinges, ReflexWing™ buttress, Anti-Migration Tech™

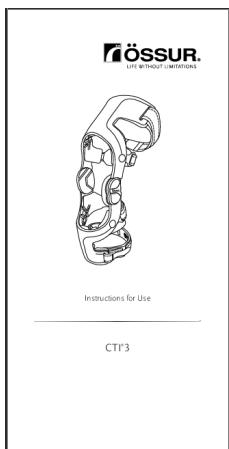
## 8. WARRANTY AND SUPPORT

For information regarding warranty coverage, product support, or to address any concerns not covered in this manual, please contact Ossur directly through their official website or customer service channels. Keep your purchase receipt as proof of purchase.

**Ossur Official Website:** [www.ossur.com](http://www.ossur.com)

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### Related Documents - Formfit Tracker Knee Brace

|   |   |
|---|---|
|  <p>ÖSSUR<br/>BY Ossur. Innovations.<br/>Instructions for Use<br/>CTI®3</p> | <p><b><u>Össur CTI®3 Knee Brace: Instructions for Use</u></b><br/>Comprehensive instructions for the Össur CTI®3 knee brace, detailing intended use, fitting, adjustments, care, and safety guidelines for knee support and stabilization.</p>                |
|   | <p><b><u>ÖSSUR FORMFIT® Knee MCL Instructions for Use</u></b><br/>User manual and instructions for the ÖSSUR FORMFIT® Knee MCL brace, detailing intended use, indications, safety instructions, application, adjustment, removal, cleaning, and disposal.</p> |

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Instructions for Use

OA EASE

#### [Össur OA EASE Knee Brace: Instructions for Use](#)

Detailed instructions for fitting, using, cleaning, and disposing of the Össur OA EASE knee brace. This guide covers intended use, indications, warnings, safety, application steps, removal, and care for managing knee osteoarthritis and related conditions.



Instructions for Use

REBOUND® DUAL

#### [Össur Rebound Dual Knee Brace Instructions for Use](#)

Comprehensive guide for the Össur Rebound Dual knee brace, detailing fitting, adjustment, usage, and care instructions. Essential for healthcare professionals and patients.

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Instructions for Use

UNLOADER ONE® X  
UNLOADER ONE® X CUSTOM

#### [Össur Unloader One X & X Custom Instructions for Use](#)

Comprehensive instructions for the Össur Unloader One X and Unloader One X Custom knee braces, detailing intended use, indications, fitting, care, and safety guidelines for managing knee conditions.



#### [Össur Formfit Tennis Elbow Support: Instructions for Use and Care](#)

Comprehensive instructions for the Össur Formfit Tennis Elbow support, designed to alleviate and prevent lateral and medial epicondylitis. Includes usage guidelines, sizing chart, and care instructions for optimal comfort and support.

Documents - Ossur – Formfit Tracker Knee Brace



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