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Ossur CTI-LXS-FBA

# Ossur CTI Mission Knee Brace Instruction Manual

Model: CTI-LXS-FBA

Brand: Ossur

## PRODUCT OVERVIEW

The Ossur CTI Mission Knee Brace is designed to provide support and stability for individuals with ACL, MCL, LCL, PCL, or combined knee instabilities. It features a lightweight, low-profile design with advanced composite materials for maximum strength and comfort.





Front view of the Ossur CTI Mission Knee Brace, showcasing its sleek design and strap system.

## Key Features

- **Enhanced Construction:** Sleek and strong frame made of advanced composite material for a lightweight, low-profile design while maintaining maximum strength.
- **Anatomical Fit:** Human Motion hinge provides progressive motion control and mimics the anatomical motion of the knee.
- **Elevated Comfort:** Flexible cuffs are designed to conform to various leg shapes and accommodate muscle movements for comfort and ease of motion.
- **Easy-to-Use Accessories:** Quick-Loc Clip System & low-profile straps anchor the brace to the leg quickly and easily.
- **Complete Package:** Each brace comes standard with a thick and thin condyle pad set, three pairs of tool-free extension stops, and one set of tibial shims.

## IMPORTANT SAFETY INFORMATION

Please read all instructions carefully before using the Ossur CTI Mission Knee Brace. Improper use may lead to injury or reduced effectiveness.

- Consult a healthcare professional or physician before using this device, especially if you have pre-existing medical conditions or are recovering from surgery.
- Do not modify the brace in any way, as this may compromise its structural integrity and protective capabilities.
- Discontinue use immediately if you experience increased pain, swelling, skin irritation, numbness, or any other adverse reactions while wearing the brace. Seek medical attention if symptoms persist.
- Ensure the brace is correctly sized and fitted according to the instructions to prevent discomfort or ineffective support.

## SIZING AND MEASUREMENT

Accurate measurement is crucial for ensuring the proper fit and optimal performance of your Ossur CTI Mission Knee Brace. Follow these steps carefully:

### How to Measure Your Knee

1. **Mark the Kneecap Center:** While seated with your knee bent, use a pen to mark the middle of your kneecap. You can find this by feeling the top and bottom edges of your kneecap and marking the center point.
2. **Measure Knee Width (M/L Width):** In a weight-bearing position (standing, with knee slightly bent, not locked out), use calipers or a stable surface (like a book) and a ruler/measuring tape to measure the medial-lateral width across the center of your kneecap. Ensure the measuring tool aligns with your kneecap mark and touches the widest part of your leg at the knee.
3. **Measure Thigh Circumference:** Mark a point 20 cm (8 inches) above the center of your kneecap. Use a soft measuring tape or a string and ruler to measure the circumference of your thigh at this marked point. Ensure you are in a weight-bearing position with your knee slightly bent.
4. **Measure Distal Patella Circumference:** Measure the circumference just below the lower border of the kneecap.

Your browser does not support the video tag.

Video: Detailed guide on how to accurately measure your knee for the Ossur CTI3 brace, including caliper and non-caliper methods for knee width and thigh circumference.

### Sizing Chart

Refer to the table below to find your correct brace size based on your measurements. If you are on the upper or lower edges of a size range (within 0.2 cm or 0.1 inches), use the thigh circumference measurement to fine-tune your size.



Image: Sizing chart for Ossur CTi3, showing M/L Width, Thigh Circumference, and Distal Patella Circumference for various sizes (S, M, L, XL) for both right and left braces.

## FITTING INSTRUCTIONS

Follow these steps to correctly put on and take off your Ossur CTi Mission Knee Brace for optimal support and comfort.

### How to Put On Your Brace

1. **Prepare the Brace:** Unfasten all four straps from the outer side of the brace using the yellow-tipped pull tabs.
2. **Position Your Leg:** Bend your knee to a 90-degree angle with your foot flat on the floor.
3. **Place the Brace:** Slide the brace onto your leg. Ensure the yellow line on the hinge is positioned slightly above the center of your kneecap. This alignment is critical for proper brace function when standing.
4. **Fasten Strap 1:** Secure the first strap, located above the calf muscle. This strap is marked with one pill-shaped dot on its pull tab. Fasten it snugly to help keep the brace in position.
5. **Fasten Strap 2:** Secure the second strap, the bottom strap, marked with two pill-shaped dots.
6. **Fasten Strap 3:** Secure the third strap, located just above the knee, marked with three pill-shaped dots.
7. **Fasten Strap 4:** Secure the top strap, marked with four pill-shaped dots. Be careful not to overtighten the top two straps (3 and 4), as this can cause the brace to migrate down the leg.

### How to Take Off Your Brace

1. **Unfasten Straps:** Undo each strap in reverse order (4, 3, 2, 1).
2. **Re-attach Straps:** After unfastening, re-attach each strap back to itself. This helps maintain the strap order for easier fitting next time and prolongs the life of the straps.
3. **Remove Brace:** Gently slide the brace off your leg.

Your browser does not support the video tag.

Video: Step-by-step instructions on how to properly put on and take off the Ossur CTI3 knee brace, demonstrating strap fastening and brace positioning.



Image: A person wearing the Ossur CTI3 Knee Brace while cycling, demonstrating active use.

## CARE AND MAINTENANCE

Proper care and maintenance will extend the life of your Ossur CTI Mission Knee Brace.

### Cleaning Instructions

- Hand wash the brace and soft goods with mild soap and lukewarm water.
- Rinse thoroughly to remove all soap residue.
- Air dry completely before re-using or storing. Do not machine wash, tumble dry, iron, or bleach.
- Regularly inspect the brace for any signs of wear, damage, or loose components.

### Storage

- Store the brace in a cool, dry place away from direct sunlight and extreme temperatures.
- Keep the straps fastened to themselves when not in use to prevent tangling and maintain their integrity.

## TROUBLESHOOTING

If you encounter any issues with your Ossur CTI Mission Knee Brace, refer to the following common troubleshooting tips:

- **Brace Slippage:** If the brace tends to slip down your leg, re-check your measurements and ensure you have the correct size. Also, verify that all straps are fastened snugly but not overly tight, especially the top two straps.
- **Discomfort or Pressure Points:** Ensure the brace is correctly aligned with your kneecap. Adjust strap tension to alleviate pressure. Check for any wrinkles in the soft goods or liner. If discomfort persists, consult your healthcare professional.
- **Limited Range of Motion:** Verify that the brace hinges are correctly aligned with your knee's natural axis of rotation. If you have specific range of motion requirements, consult your healthcare provider for proper adjustment or alternative solutions.
- **Damaged Components:** If any part of the brace, including the frame, hinges, or straps, appears damaged or worn, discontinue use immediately and contact Ossur customer support for replacement parts or service.

## SPECIFICATIONS

### Ossur CTI Mission Knee Brace Specifications

Feature	Detail
Item Model Number	CTI-LXS-FBA
ASIN	B0CL7MGLND
Size	Left-Extra Small

Feature	Detail
Item Weight	2.05 pounds
Package Dimensions	18 x 8 x 6 inches
Manufacturer	Ossur
Specific Uses For Product	Ligament Tears, ACL, Patella, PCL, Pain Relief, LCL, MCL
Use for	Knee
Age Range (Description)	Adult

## WARRANTY AND SUPPORT

For detailed warranty information regarding your Ossur CTI Mission Knee Brace, please refer to the official Ossur website or the documentation included with your product. Warranty terms and conditions may vary.

If you require further assistance, have questions about product use, or need to order replacement parts, please contact Ossur customer support directly. You can typically find contact information on the Ossur website or within your product packaging.

**Online Resources:** [Visit the Ossur Store on Amazon](#)