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› Össur Formfit Pro Knee FLITE Support - Lightweight Compression Brace for Knee Pain Relief, Left/Right Leg - Orthopedic Solution for Active Lifestyle, Arthritis, and Injury Recovery - X-Small

Ossur FP140001

Össur Formfit Pro Knee FLITE Support User Manual

Lightweight Compression Brace for Knee Pain Relief



PRODUCT OVERVIEW

The Össur Formfit Pro Knee FLITE Support is a lightweight compression brace designed to provide relief from knee pain and discomfort. It is suitable for various conditions, offering comfortable support without adding bulk, making it ideal for maintaining an active lifestyle. This brace is adjustable for both left and right legs, ensuring a secure and personalized fit for targeted pain relief and joint stability. Crafted by Össur, a trusted name in orthopedics, this brace is engineered to enhance your mobility and comfort.

FORMFIT PRO KNEE FLITE FOR MINOR KNEE INSTABILITIES



Image: Össur Formfit Pro Knee FLITE Support for minor knee instabilities.

KEY FEATURES

- **Knee Pain Relief:** Designed to alleviate pain and discomfort for various knee conditions.
- **Lightweight Compression:** Provides comfortable support without bulk, promoting an active lifestyle.
- **Custom Fit:** Adjustable for both left and right legs, ensuring a secure and personalized fit.
- **Orthopedic Excellence:** Manufactured by Össur, adhering to medical-grade standards.
- **Versatile Use:** Suitable for arthritis management, injury recovery, and preventative support.
- **MotionTech Fabric:** Engineered for compression and dynamic fit.
- **CoolVent Technology:** Fabric designed for added breathability and comfort.
- **SmartPad:** Provides targeted support and cushioning.
- **FoldLock Technology:** Helps keep the brace secure and makes it easy to put on and take off.

- **Staybilizer Technology:** Ensures optimum shape and fit.



Image: Detailed features of the Össur Formfit Pro Knee FLITE Support.

SIZING GUIDE

To ensure the best fit and optimal performance, please measure your thigh and calf circumference accurately and refer to the table below. The thigh circumference should be measured 6 inches above the center of the kneecap, and the calf circumference should be measured 6 inches below the center of the kneecap.

US Lightweight Compression Brace Sizing

Brand Size	Thigh Circumference (in)	Calf Circumference (in)
X - Small	14.3 - 16.3	10.3 - 12.3
Small	16.3 - 18	12.3 - 14.3
Medium	18 - 20	14.3 - 16.3
Large	20 - 22	16.3 - 18
X - Large	22 - 23.5	18 - 19.8

SIZE GUIDE



Size	ABOVE KNEE	BELOW KNEE
	Inches Centimeters	Inches Centimeters
XS	14 ¹ / ₄ - 16 ¹ / ₄ 36 - 41	10 ¹ / ₄ - 12 ¹ / ₄ 26 - 31
S	16 ¹ / ₄ - 18 41 - 46	12 ¹ / ₄ - 14 ¹ / ₄ 31 - 36
M	18 - 20 46 - 51	14 ¹ / ₄ - 16 ¹ / ₄ 36 - 41
L	20 - 22 51 - 56	16 ¹ / ₄ - 18 41 - 46
XL	22 - 23 ¹ / ₂ 56 - 60	18 - 19 ³ / ₄ 46 - 50



Image: Visual sizing guide for the Össur Formfit Pro Knee FLITE Support.

APPLICATION AND SETUP

Follow these steps to correctly apply your Össur Formfit Pro Knee FLITE Support for optimal comfort and effectiveness:

1. Grasp the top of the brace and pull it up over your foot and calf.
2. Position the brace so that the patella (kneecap) is centered within the designated area of the brace. Ensure the side stays are aligned with the natural contours of your leg.
3. Adjust the top and bottom edges of the brace to ensure a smooth, comfortable fit without any bunching or excessive tightness.
4. Smooth out any wrinkles and ensure the brace is evenly distributed around your leg. The FoldLock technology at the top helps keep the brace secure.

HOW TO PUT ON THE FORMFIT PRO KNEE FLITE FOR MINOR KNEE INSTABILITIES

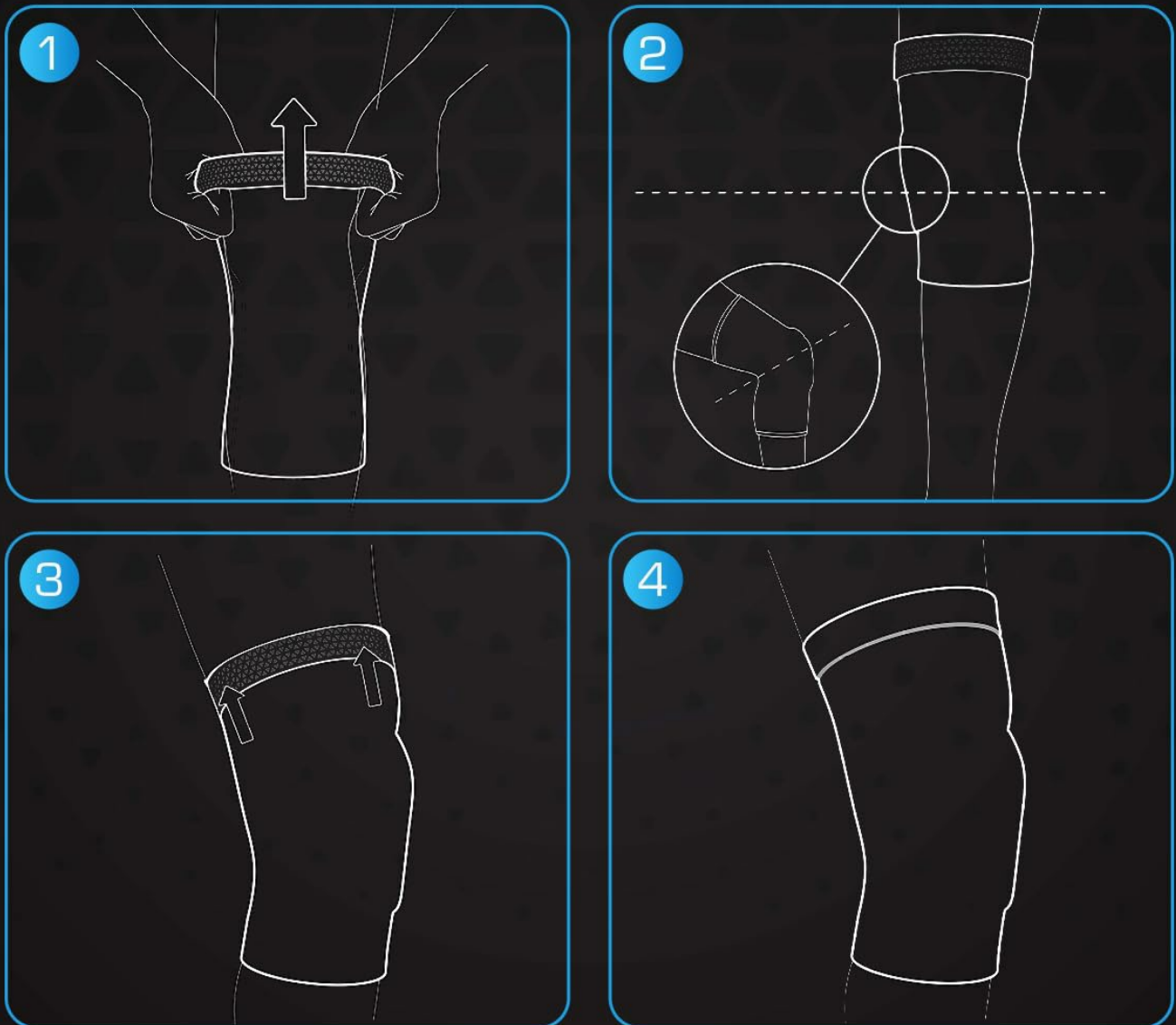


Image: Step-by-step guide for applying the knee brace.

Instructional Video

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Video: A visual demonstration of how to properly apply and use the Össur Formfit Pro Knee FLITE Support. This video highlights the key features and benefits of the brace, including its MotionTech fabric, CoolVent technology, SmartPad, FoldLock, and Staybilizer, and shows the correct method for putting it on to ensure a secure and comfortable fit.

OPERATING AND USAGE

The Össur Formfit Pro Knee FLITE Support is designed for continuous wear during activities where knee support is beneficial. It is particularly effective for:

- Daily activities requiring knee stability.
- Managing symptoms of arthritis.

- Support during injury recovery.
- Preventative support during physical activity.
- Support for patella conditions such as Jumper's Knee.

It is suitable for various sports and exercises, including running, gym workouts, basketball, weightlifting, soccer, and football, providing stability and comfort without restricting movement.



Image: Activities supported by the Össur Formfit Pro Knee FLITE Support.

MAINTENANCE

Proper care will extend the life of your Össur Formfit Pro Knee FLITE Support. It is recommended to:

- **Washing:** Hand wash or machine wash on a cold cycle.
- **Drying:** Air dry thoroughly. Do not tumble dry, as the thin strip of latex at the top for grip may be damaged by heat.
- **Storage:** Store in a clean, dry place away from direct sunlight.

Regular cleaning helps maintain hygiene and the integrity of the material.

TROUBLESHOOTING

If you encounter any issues with your Össur Formfit Pro Knee FLITE Support, consider the following common concerns:

- **Brace feels too tight, especially around the thigh:** Ensure you have selected the correct size based on the sizing guide. If measurements are borderline, consider sizing up. The brace should feel snug but not uncomfortably restrictive.
- **Leaves crease marks:** This can be common with compression braces. Ensure the brace is smoothed out evenly after application. If marks are severe or painful, re-check sizing and application.
- **Skin irritation/rash:** The brace contains a thin strip of latex at the top for grip. If you experience a rash, you may have

a latex allergy. Discontinue use if irritation persists and consult a healthcare professional. You may try folding down the top edge to avoid direct skin contact with the latex strip.

- **Brace slips down:** Ensure the brace is pulled up sufficiently and smoothed out. The FoldLock technology is designed to minimize slipping. Re-verify your measurements against the sizing chart to confirm you have the correct size.

If problems persist, please contact Össur customer support.

SPECIFICATIONS

Attribute	Detail
Brand	Ossur
Model Number	FP140001
ASIN	B081J3VQCN
Package Dimensions	12.6 x 9.92 x 1.34 inches
Item Weight	7.05 ounces
Country of Origin	USA
Specific Uses For Product	Knee support
Age Range (Description)	Above 12 years

WARRANTY AND SUPPORT

Össur is committed to providing high-quality orthopedic solutions. For information regarding product warranty, returns, or technical support, please refer to the official Össur website or contact their customer service directly. You can also visit the official Össur store on Amazon for more products and information.

Visit the Össur
Store

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.

Name

Anonymous

Email

you@example.com

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