

# Original Bledsoe Brace

## Application Instructions CP020101 Rev M 02/07



TOTAL LEG SUPPORT SYSTEM WITH INFINITE R.O.M. & SHORT APPLICATION TIME



This device is offered for sale by or on the order of a physician or other qualified medical professional. This device is not intended for reuse on a second patient or for extended use beyond 180 days. This device is generally not intended for patients in excess of 250 lbs (114 kilos). This device is not intended to prevent injuries or reduce or eliminate the risk of reinjury.

**Indications:** Indicated for immediate application to knees for locked or limited motion control during rehabilitation after operative procedures or injury to knee ligaments, cartilage, or stable or internally fixed fractures of the tibial plateau, condyles, or proximal tibia and distal femur. Also indicated for immediate post-injury application for stable, non-displaced or internally fixed fractures of the middle to distal femur and the proximal to middle tibia or fibula when using the optional fracture bracing plates and shoe insert.

**Contraindications:** Contraindicated for unstable fractures or for fractures of the proximal femur or the distal tibia or fibula.

**WARNING:** Do not leave this device in the trunk of a car on a hot day or in any other place where the temperature may exceed 150° F (65° C) for any extended period of time. If any additional pain or symptoms occur while using this device, seek medical attention.

**Warranty:** This device is warranted to be free from defects in material and workmanship for a period of 90 days. These warranties apply to devices that have not been modified or subjected to misuse, abuse or neglect. This device is expressly subject to Bledsoe's Product Line Limited Warranty. Copies of this limited warranty can be obtained from your medical professional, via the internet at [www.bledsoebrace.com](http://www.bledsoebrace.com) or by calling (800) 527-3666.

### Manufactured by:

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For product information or questions pertaining to sales or service, please contact your area sales representative or Bledsoe Brace Systems directly.

# Original Bledsoe Brace Application Instructions



1a

If leg length is	Use size
17"-19" (43-48 cm)	18" (45.7 cm)
19"-21" (46-53 cm)	20" (50.8 cm)
21"-23" (53-57 cm)	22" (55.9 cm)
23"-25" (57-63 cm)	24" (61.0 cm)
25"-27" (63-69 cm)	26" (66.0 cm)
27"-29" (69-74 cm)	28" (71.0 cm)
29"-31" (74-79 cm)	30" (76.2 cm)
31"-33" (79-84 cm)	32" (80.3 cm)
33"-35" (84-89 cm)	34" (86.4 cm)
35" + (89 cm +)	Use Shoe Insert

1b



2a



2b

## CHOOSE THE CORRECT SIZE

The correct length is important to prevent slippage and achieve proper support.

1a. Measure the patient's leg from the groin to the medial malleolus (inner ankle bone).

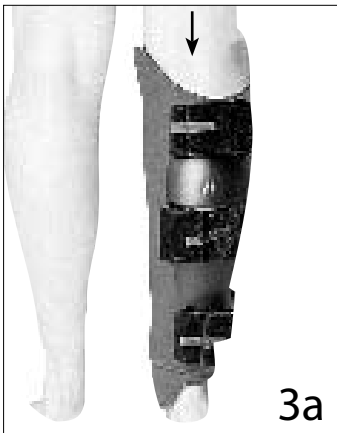
1b. Select the closest length from the chart above.

## APPLY THE ANKLE WRAP

The ankle wrap pads the ankle and prevents the brace from slipping.

2a. Center the ankle wrap on the achilles tendon so that the extended pads cover the ankles as shown.

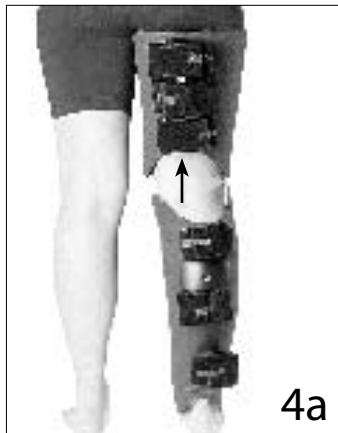
2b. Wrap forward and press the hook closure to the pile to close.



3a



3b



4a



4b

## INSTALL CALF SECTION

Posterior supports with straps are detachable for ease of fitting on both calf and thigh sections.

3a. Position calf section with posterior support centered on the back of leg to allow unrestricted motion of the knee.

3b. Starting in the middle, wrap sides of calf section forward. Trim foam to overlap 2"-3" (5cm-7.5cm). Stretching top and bottom, contour section to leg before fastening hook closure to pile.

## INSTALL THIGH SECTION

Thigh section should be positioned to prevent contact with the knee when flexed. Trim foam to overlap 2"-3" (5cm-7.5cm).

4a. Install thigh section in the same manner as the calf section with the posterior support centered on the back of the leg.

4b. If posterior supports are not properly centered, they may be detached and repositioned.

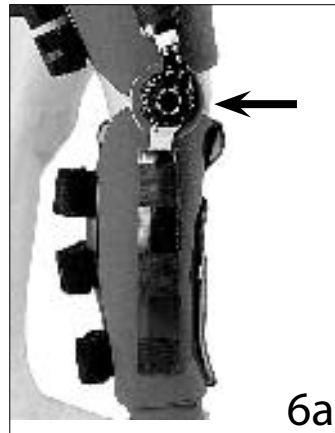
# Original Bledsoe Brace Application Instructions



5a



5b



6a



6b

## FORM HINGE UPRIGHTS

Proper forming of the hinge uprights increases brace support and patient comfort.

5a. Form the hinge uprights to fit the leg contour.

5b. Make certain hinges are parallel to prevent abnormal stress on the knee. Start with the medial hinge first.

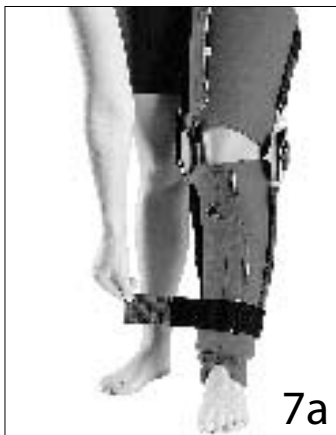
## POSITION HINGES

The longer of the two brace uprights fits on the calf section.

6a. For the simple hinge, (shown) position the center of the dial over the femoral epicondyle.

For a multi-centric hinge position the hinge so the center punch mark, on the inside of hinge plate, is centered over the femoral epicondyles.

6b. Align the hinge uprights with the bones of the leg and press into position.



7a



7b

## FASTEN STRAPS

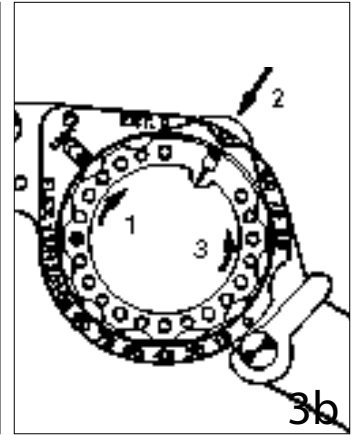
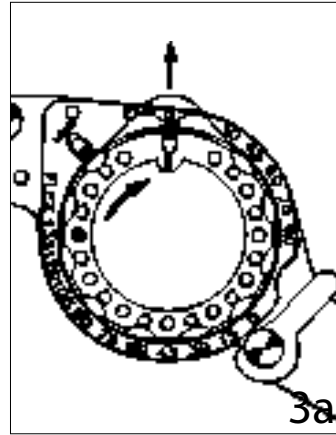
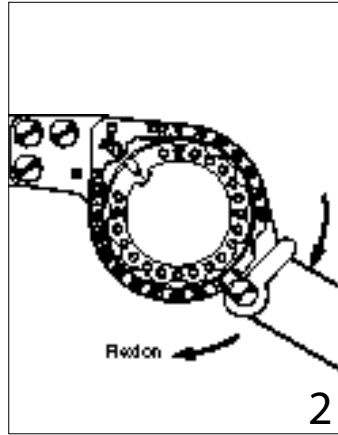
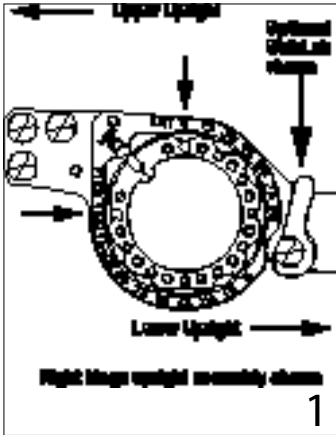
Overtensioning straps may reduce circulation.

7a. Starting at the ankle, press in on both hinge uprights while wrapping straps firmly forward to engage hook fastener sections on hinge uprights.

7b. Loop strap end through D-ring, pull back to tighten, and press to close. Repeat this procedure for each strap.

# Bledsoe Simple Hinge Application Instructions

(OPTIONAL QUIKLOK SHOWN)



**OBSERVE PRESENT LIMITS**

1. Note the present limits by viewing the pins visible in the dial holes.

**PRE-SET RANGE**

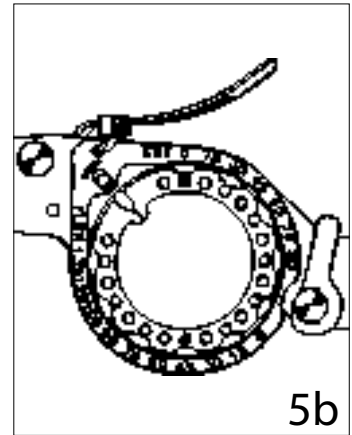
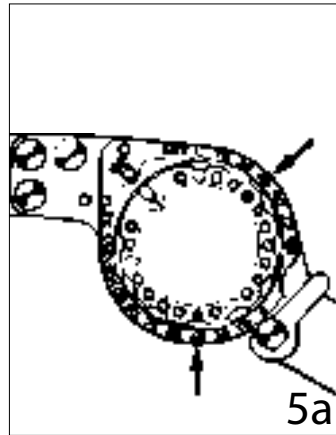
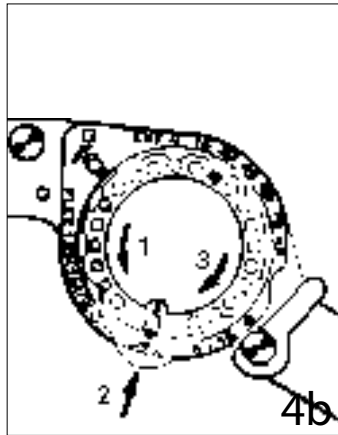
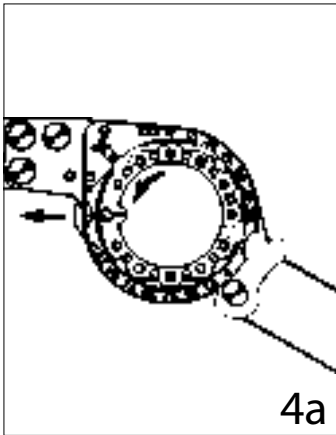
2. Place the hinge in between the limits of desired motion before attempting to set the limits.

**NOTE:** Extension limits can be set from 0°-90° in 15° increments. Flexion limits can be set from 0°-135° in 15° increments.

**SET EXTENSION LIMIT**

3a. Rotate the dial towards the scale marked EXTENSION until the disc pops out.

3b. Continue rotating the dial to the desired extension setting (1) push in on the disc firmly until it is seated (2) while holding the disc in, rotate the dial back to the original "LOCK" position to capture the setting (3).



**SET FLEXION LIMIT**

4a. Rotate the dial towards the scale marked FLEXION until the disc pops out.

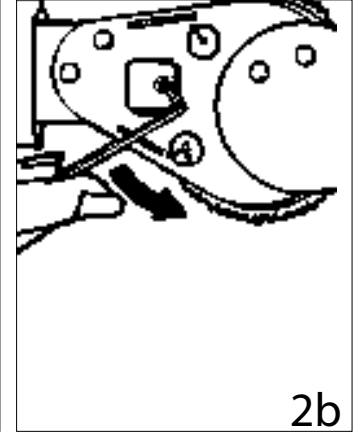
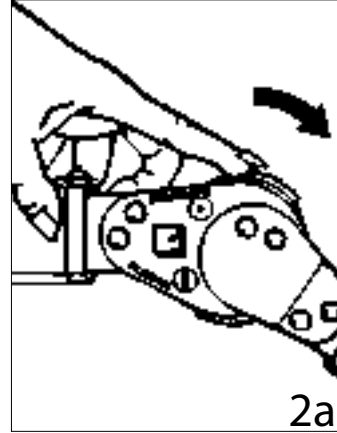
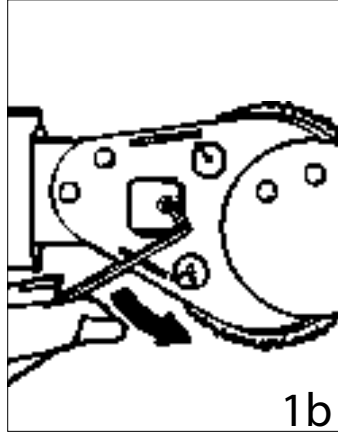
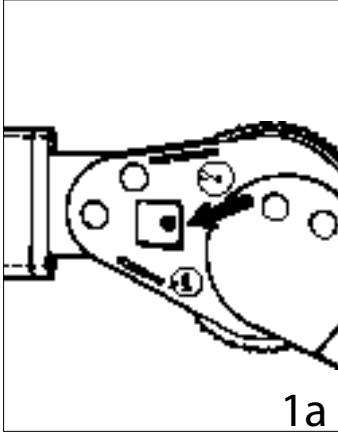
4b. Continue rotating the dial to the new desired setting (1) push in on the disc until seated (2) and while holding the disc in, rotate the dial back to the "LOCK" position to capture the limit (3). The limits are now set.

**ADDITIONAL NOTES**

5a. To lock the hinge at any setting (in 15° increments), set both limits to the same number. Set one, then move the hinge against that limit and set the other limit.

5b. To prevent tampering with the hinge setting, insert a cable tie wrap (six provided) into the hole just above the lock pin slot. In order to change the limits, cut the cable tie wraps.

# Bledsoe Multi-Centric Hinge Application Instructions



## LOOSEN SET SCREW

Always adjust hinge after installation on brace.

1a. Place small hex wrench into set screw.

1b. Turn set screw two full turns counter-clockwise to unlock both dials.

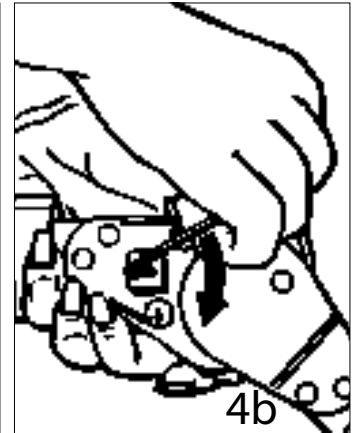
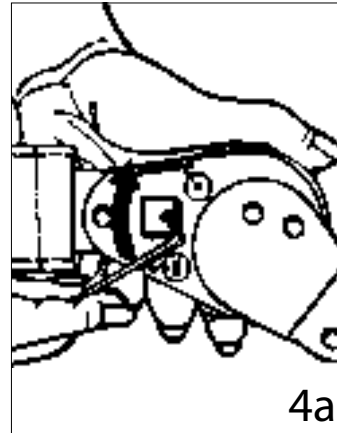
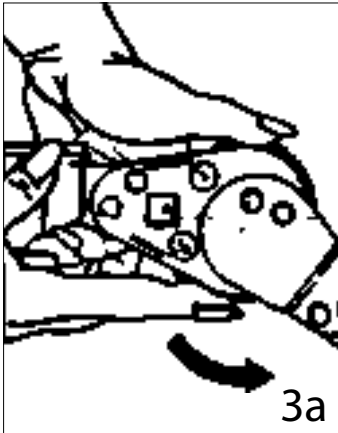
Note: Do not adjust interior screw. This set screw has been factory-set.

## SET EXTENSION LIMIT

2a. Turn the extension dial toward the foot to set the limit, 0° to 120°.

2b. Read the desired setting in the window.

Note: Hinge angle must be within range to set dials.



## SET FLEXION LIMIT

3a. Holding the extension dial, turn the flexion dial toward the foot to desired setting, 0° to 120°.

3b. To lock hinge in fixed position, turn both dials to the same setting.

## TIGHTEN SET SCREW

4a. Holding both dials to prevent turning, insert small hex wrench into set screw.

4b. Turn set screw clockwise approximately one full turn until contact is made. Carefully rotate hex wrench one additional turn beyond this point. Do not over-tighten. Make certain that both limit settings are correct. Repeat for other hinge.