

## »» HELPFUL HINTS

- »» Always sit on a stable firm chair or bench (no beds or sofas), sit near the edge. This allows the brace to be placed HIGHER on the leg.
- »» When applying the brace, position the brace by aligning the centre of the hinges one inch above the top of the knee cap.
- »» Never over-tighten the top straps on thigh (strap #2 and #3); this will push the brace down the leg! The lower calf straps secure the brace in place.
- »» Apply brace directly to skin, not over pants. Undergarment sleeve is OK to be worn under the brace.

## »» CARING FOR YOUR BRACE

- To clean the liners, straps and pads:
  - Remove from brace.
  - Hand wash with water or MILD detergent.
  - Rinse well with cold water.
  - Let it air dry.
  - Clean & dry liners will result in less skin irritations.
- Additional Liners, Strap Pads and Straps can be ordered through your supplier.
- To clean the brace frame and hinges, wipe with a damp cloth.
- Oiling the hinges is not necessary. If the hinges become difficult to move or do not function normally, they may need to be repaired. This may be covered by warranty, if still within the specified time frame.
- Chipping paint is normal with heavy use. Deep gouges or cracks need to be repaired. Contact your supplier to have it inspected.

## »» FREQUENTLY ASKED QUESTIONS

- Q: What if I still cannot get the brace to fit properly?  
A: Contact your supplier, he should be able to help fit the brace.
- Q: Can I get my brace wet?  
A: YES, it will not rust the hinges or ruin the brace. Be sure to rinse and air dry the straps and liners.
- Q: A strap broke off, what do I do?  
A: Contact your supplier to order a new strap.
- Q: How long should I wear the brace?  
A: It varies from patient to patient, **be sure to ask your prescribing physician.**

## »» WARRANTY

- Custom Defiance ACL / OA:
- »» Frame/Hinges:.....Lifetime limited warranty
  - »» Pads, Straps, Liners:.....6 months
  - »» Re-Measure:.....4 months (1st time FREE, additional re-fits at a charge)
- Patient Ready ACL / OA:
- »» Frame/Hinges:.....1 year
  - »» Pads, Straps, Liners:.....6 months

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For more information on DonJoy braces go to [www.DJOglobal.co.uk](http://www.DJOglobal.co.uk)



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DONJOY

DONJOY ACL & OA FITTING INSTRUCTIONS



## STEP-BY-STEP INSTRUCTIONS FOR BRACE APPLICATION

### 1 Initial Preparation



- Sit on the edge of a firm, stable chair.
- Knee slightly bent (45°) and foot flat on the floor.

### 2 Brace & Hinge Placement



- With straps undone, step through the brace.
- Center the hinges 1 inch above the TOP of knee cap. (Fig 2A)
- Push hinges slightly BACK behind the midline of the knee. (Fig 2B)

### 3 Anti-Migration Band



- Secure Anti-Migration Calf Band around leg, snug fit. The Band should be in FULL contact with leg and not wrap outside of the brace.
- Do not secure outer strap #4 until Step 5.

### 4 Securing Straps #1 & #2



- Secure the bottom calf strap #1, snug fit. (Fig 4A)
- Secure top thigh strap #2. If too snug, this may cause the brace to slide down. (Fig 4B)
- Again, push hinges slightly BACK behind the midline of the knee.

### 5 Securing Straps #3 & #4



- Secure lower thigh strap #3, snug fit. (Fig 5A)
- Secure upper front calf strap #4, very snug; critical for ACL patients. (Fig 5B)

### 6 Securing Strap #5



- Secure back calf strap #5, comfortable fit.
- After initial fit, you do not have to undo this strap; it will keep the anti-migration band in place.

### 7 Check Fit & Re-Tighten



- Brace should fit snug to the leg. OA patients should feel slight push on one side of the knee.

### ACCESSORIES

- » Lycra Undergarment
- » Neoprene Strap Kit
- » Neoprene Undergarment
- » Sports Cover



Lycra Undergarment

Neoprene Strap Kit

## TROUBLESHOOTING

### Proper Hinge Placement



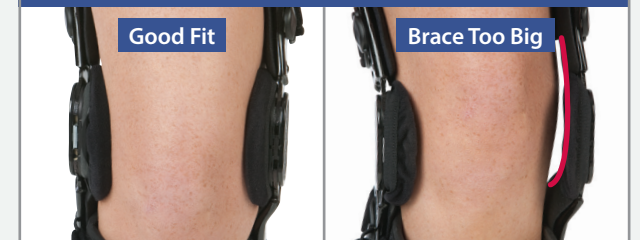
- » Hinge should be slightly behind midline
- » Pads make full contact with leg
- » Loosen all straps
- » Push hinges back, raising slightly up
- » Re-tighten all straps

### Proper Alignment



- » Hinges are slightly higher than knee cap
- » Pads make full contact with leg
- » Loosen all straps
- » Raise hinges up leg
- » Re-tighten all straps

### Proper Fit



- » No major gapping
- » Pads make full contact with leg
- » Add extra condyle pads
- » Contact your supplier to discuss a possible re-fit