

# Osteoarthritis Adjustable Unloader ROM Knee Brace

SKU: KNB234

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## Instructions For Use

**Step 1.** Detach all buckles and set each strap to its loosest setting for first time application.

**Step 2.** While seated with the knee at a 90° angle, place condyle pad on the outside center of the knee directly on the skin or a knee sleeve.

**Step 3.** Ensure strap 1 is above the calf and adjust strap length for a secure fit. Strap 1 placement is key to preventing sliding.

**Step 4.** Fasten straps 2, 3 and 4 and adjust strap length for a secure fit.

**Step 5.** Using hex tool, insert into the slot above the hinge and turn counterclockwise for medial (inner) pain and clockwise for lateral (outer) pain.

**Step 6.** Test by walking. Additional adjustments can be made until the maximum pain relief is achieved.



**Step 7.** Range of motion stops - use only if you need flexion / extension control. Use the screwdriver to loosen the screws. Insert desired stop into hinge. Tighten screw back into place.



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### Care Instructions

- Spray with a 50% water/ 50% alcohol solution and allow to dry.
- Air Dry only
- Do NOT dry clean, iron, or bleach.  
- Occasionally apply lubricant to the hinge.

