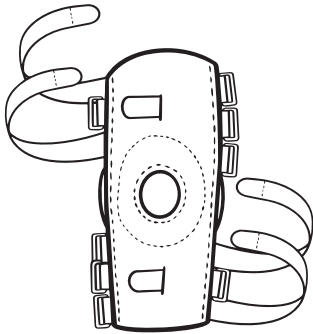


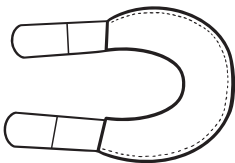
# INSTRUCTIONS FOR USE

## SWEDISH KNEE BRACE, K45-MP

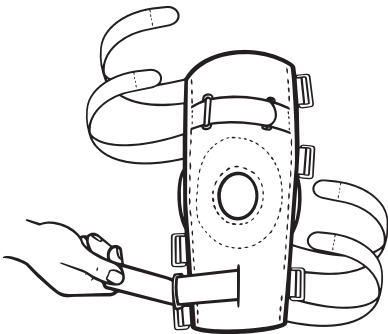
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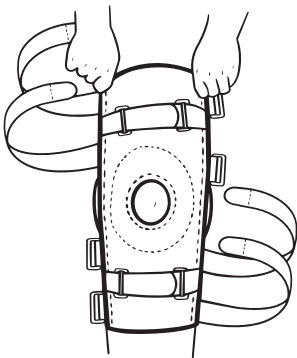
**1.** Detach all the 1-inch Velcro straps and loosen from plastic D-loops.



**2.** Find the proper position or fit for the neoprene patella buttress that is Velcroed on the inside of the brace.



**3.** Once the buttress is properly fitted inside and around the patella opening, pull the attached buttress straps through the small slits in the neoprene and secure those straps through the plastic D-loops.



**4.** Pull the support over your foot until it is positioned around your shin under your knee. Using one continuous motion, slide the support up the knee until the patella opening is fitted around the patella.



**5.** Reattach all straps through the D-loops and adjust for your most comfortable fit.

# INSTRUCTIONS FOR USE

SWEDISH KNEE BRACE, K45-MP



## Hinge Removal

- 1.** Locate the small slit on the inside of the brace near the top of the hinge compartment.
- 2.** Stretching the top of the hinge compartment upward should allow the slit to fold away from the top of the hinge, exposing the upper “arm” of the hinge.
- 3.** Pull the hinge upward to slide it out of its compartment or pocket on the inside of the sleeve.
- 4.** To replace the hinge, slide it down into the inner compartment until the small slit near the top of the pocket can be folded back over the top of the arm.

**CAUTION: When replacing the hinges, be sure the hinges are returned to the same side from which they were removed, and make sure that the “flat” side of the hinge (side without numbers) is facing inside to the knee.**

## Adjusting the flexion/extension stops in the hinge

- 1.** After the hinge has been removed from its sleeve, fold it back until the two arms are together, exposing the small pin located in one of the small holes.
- 2.** Remove the pin and position it to its desired position.
- 3.** Straighten the arms to hold the pin in its position.
- 4.** Replace the hinge into the pocket, making sure the proper hinge is on the proper side, and that the “flat” side (no numbers) is positioned next to the knee. The axis of rotation of the hinge should always align with the axis of rotation of the knee.

**Note to user: The hinges in this brace have pins to adjust the amount of flexion and extension this brace will allow. If you are uncertain about your limits, please consult with your Physical Therapist or physician before changing these settings.**