



# UNLOADER® PF

Patient Guide

# Unloader® PF

## Fitting Instructions

The Unloader® PF enables you to control your patello-femoral knee pain and improve your knee function. With its SmartTracking™ feature, you can control the optimal amount of patella correction yourself by using the dial.

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The Unloader® PF is easy to fit and comfortable to wear.

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Please read the instructions carefully. You can also have a look at our fitting video at [www.ossur.com/unloader-pf](http://www.ossur.com/unloader-pf)

1. Pull out the dial to release the SmartTracking™ feature and undo the Upper and Lower Wrap Closures.
2. Put the brace on and center the Knee Cap Opening on knee.
3. With the leg extended, attach the Lower (A) and Upper (B) Wrap Closures to achieve a tight and secure fit.
4. Push the dial down to engage the SmartTracking™ feature.
5. Slightly flex the knee and tighten the SmartTracking™ feature until your optimal patella support is reached.

NOTE: If you are also using an Unloader One®, apply it over the Unloader PF according to the instructions you received with it.

The Unloader® PF – Pain relief and improved knee function

1



2



3A



3B



4



5



## Removing Instructions

- To remove the brace, pull out the dial to loosen the SmartTracking™ feature and undo the Upper and Lower Wrap Closures.
- Take off the brace and re-attach the Upper and Lower Wrap Closure, so the Velcro does not touch the delicate sleeve material.

## Washing Instructions

- Clean the dirt from the hinge using tap water and air dry the brace afterwards.
- Avoid contact with salt water or chlorinated water, rinse well with fresh tap water and air dry the brace in case it occurs.
- Hand wash using mild soap and rinse thoroughly. For machine wash, use wash bag and program for delicate wash. Air-dry. Do not tumble dry or use bleach.

## Skin Care/ Wear

- When first using the brace, gradually build up to full time use.
- Start with up to 3 hours a day in active use and increase by maximum 1-2 hours each day.
- If you have any questions, please contact your clinician.



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