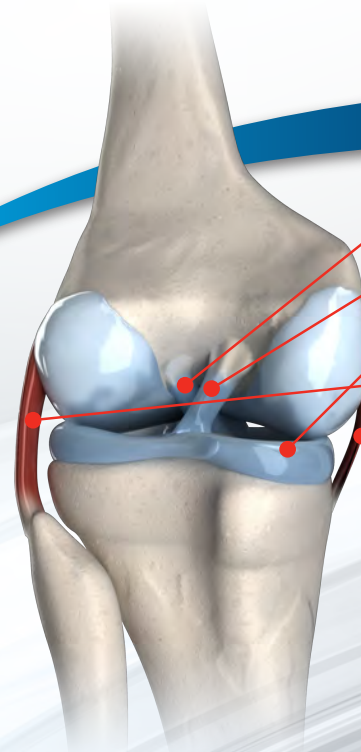


Flex X Thermo Molded Knee Orthosis™



The Perfect Fit For:



- Moderate PCL Instability
- Moderate ACL Instability
- Meniscal Damage
- Moderate LCL Instability
- Moderate MCL Instability
- Mild to Moderate Multi Ligamentous Instability
- Post Operative Volume Changes
- Moderate Hyperextension Control

SPECIFICATIONS OF THE ORTHOSIS

- Hand crafted, custom made to patient mold
- Supracondylar suspension to prevent migration
- Lightweight & low profile thermoplastic frame
- Heat moldable
- Polycentric hinge for natural knee mechanics
- Extension stops 0 – 30 degrees
- Modular component design for easy maintenance
- Choice of colour or custom graphic finish
- Custom modifications available for use with sporting activities

THE Flex X THERMOPLASTIC KNEE ORTHOSIS

- Provides moderate support for ligament instability for frontal, sagittal and traverse planes
- Offers moderate control for multi ligamentous instabilities
- Excellent post operative solution
- Provides moderate rotation & hyperextension control
- Good option for multi-compartmental osteoarthritis

Wear & Care Instructions

Taking proper care of your orthosis will extend its life and wearing pleasure.

To clean ENTIRE knee brace, wash in mild soapy water using a small nail brush or similar. The orthosis is waterproof, however, don't soak the brace in water, nor the joint. If brace is being worn during salt water activities, rinse brace with fresh water following use. Wipe excessive moisture from brace with a soft, clean towel. Leave the brace to air dry.

DO NOT PLACE OVER AIR VENT OR PLACE IN CLOTHES DRYER.

To clean the outside only - wipe with a soft, soapy cloth and wipe dry.

To protect vibrant colours of brace or restore shiny finish - spray with Armour All.

To lubricate joints, use a small amount of petroleum jelly and work into joint area. DO NOT SPRAY WITH WD-40 OR PETROLEUM JELLY. An annual review & maintenance servicing of the brace is recommended.

Available From:


**The
Knee
Centre**

A DIVISION OF KARL HAGER LIMB & BRACE (2010)

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Flex X Thermo Molded Knee Orthosis™

Fitting Instructions for the FLEX X Knee Orthosis

This knee orthosis has been designed and hand crafted purely for you and you alone!

How to Apply:

1. Have your knee flexed to approximately 30 – 50 degrees.
2. Apply the lower section below your knee. Slide brace up until the knee brace hinges are at midline with your patella (knee cap).
3. Apply the top portion of the brace over the thigh and work the skin and body tissue forward while working the brace into place. The knee should still be flexed in a 30 – 50 degree angle.
4. When the brace is comfortably in place on the leg fasten the straps.
 - **FIRST** – fasten the strap that is just below the knee behind the leg. This is the most important strap which needs to be snug.
 - **SECOND** – fasten the strap on your lower thigh.
 - **LAST** – fasten the remaining straps.

Please Note:

Your leg needs to adapt to having the brace on it. If you use the brace too much at the beginning your skin may become irritated. **YOU SHOULD NOT BE TOO ACTIVE WEARING THE BRACE FOR THE FIRST FEW DAYS.** If soreness occurs, leave the brace off for a day or so. If this condition persists every time you wear the brace, some adjustments may be necessary. **DO NOT WEAR THE BRACE IF IT IS CAUSING ANY PAIN OR EXCESSIVE SORENESS.** Adjustments typically don't take long, and should be addressed if needed.

An annual review and maintenance servicing of the brace is recommended to prolong the life of the brace and assure a quality fit. Contact the office where you received your knee brace if you have any questions or concerns.