

# Instructions for Users

## Model: REFLEX-33

### DUAL ROM HINGE KNEE BRACE

Dual ROM REFLEX Hinge Knee Brace (REFLEX-33) provides stability for treating mild injuries of the Collateral ligaments, Menisci and Patellar retinaculum in addition to support and relief for Chronic knee pain or instability, Loose body in the knee, Chondromalacia, Chondromalacia of the patella, Internal derangement of the knee, Cartilage or Meniscus tears of the knee, Sprains and strains of the knee, and Old disruption of the anterior cruciate ligament. ROM hinges have Extension and Flexion control settings.



1. Fit the brace by applying to the knee, with the hinges on each side of the knee. If the fit is too small or too large, or hinges are not properly positioned, note the amount of adjustment needed and remove.



2. With inside facing up, lay the brace on a flat surface and open the front closure straps. Separate the brace into 2 pieces by unfastening the hooks. Overlap or extend as needed by reattaching the 2 pieces. Place the adjusted brace on knee and confirm the fit. Adjust again as needed.



3. APPLICATION: Place the brace around the knee, aligning the hinges with the center (bend) of the knee cap on both sides of the knee.



4. Fasten Straps: Feed the top closure strap through the plastic bracket. Secure top tab at thigh. Repeat for bottom strap. Make sure the straps are secure and the hinges align with the center of the knee. With straps attached, the brace should fit snugly to minimize brace movement. Tighten and re-adjust as needed. DO NOT OVERTIGHTEN.



5. ROM Hinge Adjustment: Open the ROM hinge cover. Set the ROM (Range of Motion) on each hinge to the desired or prescribed level of extension/flexion.



### CARE AND CLEANING INSTRUCTIONS

Hand wash with a mild soap and let air dry.

### DUAL ROM HINGE KNEE BRACE SIZE CHART

Size	Thigh Circumference	Calf Circumference
Universal	One size fits most	