



THUASNE

Premier Series



Medical Professional Instruction Guide

Complete fitting instructions for applying the brace are included in the Premier Patient Guide.

It is relatively easy for the patient to learn how to put on a Premier brace. The most important aspect is the position of the hinges at knee center. In this position, the shells should fit intimately on the leg. On braces made with Townsend's TM5+ Hinges, the axis is not the center of the hinge, it is actually posterior to the center of the hinge. This axis should be positioned just posterior to midline, and aligned with the upper third of the patella. When instructing patients how to position the brace at knee center, it is always better to tell them to put the brace on too high than too low.

It is also important to check to see that the medial-lateral width between the hinges has been set properly during fabrication. The condylar pads should provide contact and slight pressure on both sides of the leg. You can also use thicker condylar pads that come with the brace to snug up the M-L as needed. It is important to note, the condylar pads are primarily designed for proprioception, comfort and cosmesis – not functional control.

The Synergistic Suspension Strap should be positioned and tightened in the flexion fold behind the knee. If the patient starts with this strap, and tightens it in the flexion fold, this will generally help to ensure the hinges are aligned with knee center.

Any strap or strap pad that is too long should be cut to an appropriate length during the initial fitting. It is best to leave the straps a little long. Over time as the strap fibers begin to wear down, the patient can cut the straps slightly shorter and the hook tab will adhere to fresh fibers.

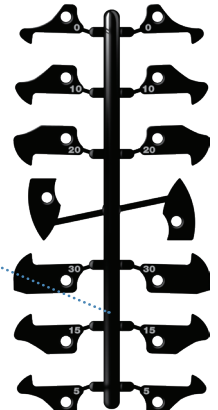
If you have any questions or concerns regarding the hinge alignment or the initial fit of the brace, please call 800.432.3466.

Extension Stop Instructions

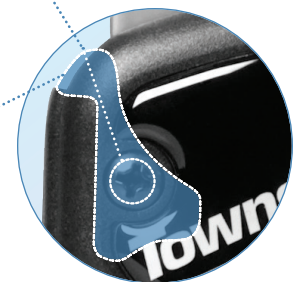
(An extension stop kit ships with every brace.)

At the time of fabrication, a zero degree extension stop has been installed in the TM5+ Hinge. To install a different extension stop, follow these instructions:

- 1) Twist off the desired stop from the nylon stop tree.
- 2) Remove the screw located on the side of the hinge.
- 3) After removing the screw, flex the brace and remove the zero degree stop from the hinge. Note the direction the stop is facing.
- 4) Insert the desired replacement stop, hole end first, with the hook end at the top and facing forward. Straighten the brace to full extension to push the stop down into position. The small hole in the stop must be aligned and visible through the screw hole so the screw will thread into the stop.
- 5) Reinsert and tighten the screw. Flex and extend the brace several times to ensure the stop is locked into position and functioning properly.



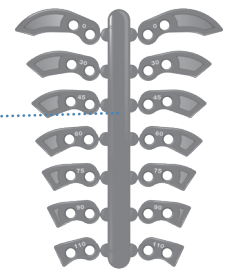
Extension Stop Kit



Flexion Stop Instructions

(Flexion stops are an optional accessory item.)

- 1) To limit the degree of flexion, detach the desired stop from the metal tree. Each stop has the degree etched into the surface.
- 2) If you are installing the 0, 30, 45, 60, 75, 90 or 110 degree flexion stop, remove both screws from the posterior aspect of the hinge cap and take out the spacer that was installed at the factory. Insert the stop with the flat end facing up and position it so that both holes in the stop are visible through the screw holes in the cap. Thread and tighten the screws through the cap and into both holes in the stop.
- 3) Flex the brace until the upright contacts the stop to ensure it is functioning properly.



Flexion Stop Kit

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MADE IN USA BY
TOWNSEND DESIGN
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BAKERSFIELD, CA 93313
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Patient Instruction Guide

The medical professional providing your brace will supervise your initial fitting and provide general instructions for how to put on the brace. Please refer to these illustrations each time you put on your brace until you are sure you remember how to properly apply the brace to your leg.

The medical professional fitting your brace is responsible for assessing the initial fit and function of your brace, and will return the brace to Townsend Design if any adjustments are needed. If you experience any skin reactions, loss of circulation, unusual knee pain or any other complication you think may be associated with the use of this product, stop wearing the brace and call the medical professional who prescribed and/or fit your brace.

Undersleeve & Protective Cover

Your Townsend brace is designed to be worn directly against the skin. An undersleeve may be ordered to put on or under your brace which may make the brace more comfortable. Wearing an undersleeve can, however, cause sweating, make it harder for you to bend your leg, or cause the brace to slip down your leg. If you intend to wear your brace for contact sports or activities that may expose the brace to objects that could damage the shells, we recommend that you speak with the medical professional who fit your brace about ordering a protective cover that fits over the brace.

Caring For Your Brace

Lubrication: The hinges on your brace may need to be lubricated periodically, especially if your brace has been exposed to water, dirt or sand. Squeeze a couple of drops of a teflon-based lubricant like Tri-Flow (available at hardware stores) into the inner surfaces of the hinge and flex the brace back and forth. Wipe away any excess lubricant.

Cleaning: The lining inside the shells of your brace should be wiped dry after each use. You can also clean the surface with a mild solution of water and a liquid detergent. Wipe off any soap with a clean sponge and let the liner dry (do not use a hair dryer).

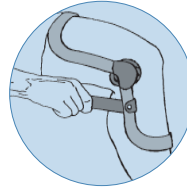
Warranty

Under normal use and conditions, the shells and hinges on your brace are covered by a lifetime warranty against defects or breaking. Straps, hinge covers, and other replaceable parts are covered for six months. Free remolding service (to make fitting adjustments) is provided for six months from the date of manufacturing. If you experience a problem with the fit or function of the brace, please call the medical provider who ordered your brace.

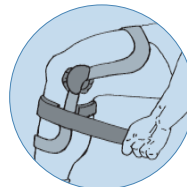
Product Disclaimer

This brace is a prescription product that should be used in accordance with the directives of your physician as part of a treatment plan for managing your total health. While this type of brace has proven beneficial to many patients, outcomes will vary based on factors including patient age, general health, and/or lack of compliance with instructions for how to put on and use the product. Because of variations in the health and condition of each patient, Townsend Design also does not make any specific recommendations regarding appropriate activities for the user of this brace. While a Townsend custom functional knee brace may aid in decreasing the risk or degree of injury to the leg for which it is fabricated, Townsend Design cannot and does not guarantee that the brace will restrict all instabilities or prevent injuries -- especially as the intensity of physical activity increases. Contact and high velocity sports are inherently dangerous and create a higher risk for injury.

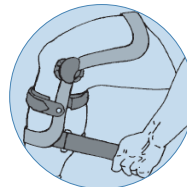
Fitting Instructions



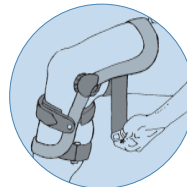
1) Tighten the Synergistic Suspension Strap while maintaining the hinges in the appropriate position. The strap should fit in the flexion fold behind your knee.



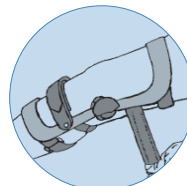
2) Tighten the front shin strap. Make sure the hinges remain at knee center and not too far forward or back on the side of your knee. **NOTE: Following the initial application, the front shin strap does not have to be undone each time you put on or take off the brace. Also, braces made with a double band tibia shell do not have this strap.**



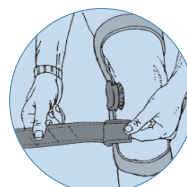
3) Tighten the bottom strap to secure the lower shell of the brace to your leg.



4) Next, tighten the two thigh straps on the upper portion of the brace.



5) Straighten your leg and retighten the lower thigh strap. Finally, stand and check to see the brace is properly positioned at knee center and the straps are all securely in place.



Shortening Straps & Pads

The straps on your brace can be cut to any length. During your initial fitting, you may need to trim any strap that is too long. Simply remove the Velcro hook tab at the end of the strap, cut the strap to the desired length, and reposition the hook tab. Be careful not to cut any strap too short.

Additionally, any comfort pads attached to the inside of the straps must be lifted off and cut shorter if they interfere with your ability to completely tighten the strap.

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