



THUASNE

RebelLock

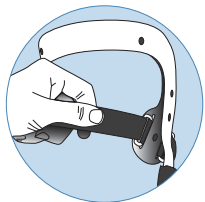


## Medical Professional Instruction Guide

Illustrations for fitting Rebel Series braces are included on the patient instruction form that was shipped with this brace. Please review these instructions with the patient as part of the initial fitting procedure to ensure the patient understands how to put on the brace. The patient instruction form also describes brace maintenance and warranty information.

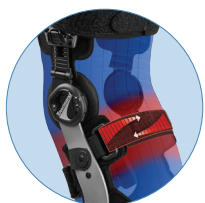
### Contouring the Brace

While the aircraft aluminum frame is rigid, you should be able to make subtle modifications to the shape of the brace during the initial fitting. The bands and side bars should be contoured to the patient's limb, and the condyle pads should fit snugly against the sides of the knee. The condylar pads are primarily for proprioception, not functional control. The use of thicker condylar pads, provided with the brace, may enhance the fit and provide more proprioceptive pressure to the sides of the knee.



### C/S Package

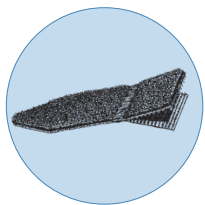
THE C/S PACKAGE consists of two semi-pliable padded inserts that are mounted to the inside of the thigh shell. These inserts are joined together by anterior and posterior straps. When the straps are tightened, the padded inserts contour and press intimately against the sides of the thigh just proximal to the knee, creating a circumferential sensation.



### Suspension Suspension Strap

The Synergistic Suspension Strap is attached to the outside of the frame and is designed to wrap inside between the brace's lower shell and your leg. The strap is also angled to match the natural contour of the top of your calf muscle. This strap should

be tightened in the flexion fold in the back of your knee.



### Shortening Straps

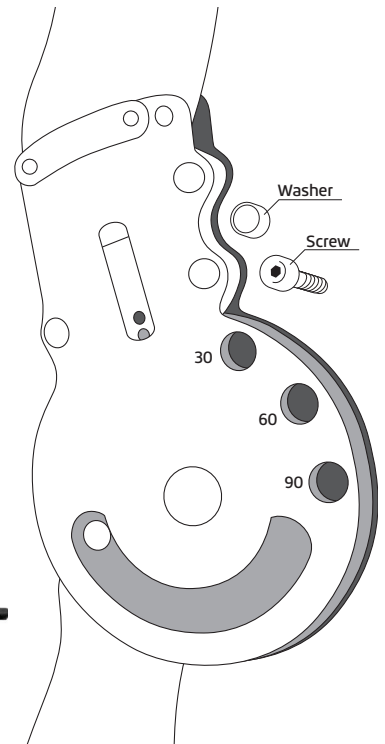
ADJUSTMENTS may be necessary. The straps on your brace can be cut to any length. Simply remove the alligator closure (see illustration) from the end of the strap, cut the strap to the desired length, and reposition the closure onto the end of the strap. Be very

careful not to cut any strap too short! Additionally, any comfort pad that is attached to the inside of a strap must be removed and cut shorter if the pad interferes with your ability to completely tighten the strap. You can cut the pad and re-center it on the strap.

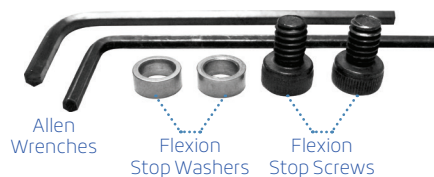
### Flexion Stop Instructions

Remove the condyle pads to expose flexion stop settings on the inside of the hinge

- 1) Place a Flexion screw through the flexion washer and insert into the desired flexion setting 30, 60 or 90 degrees
- 2) Use the Allen wrench to securely tighten the screw
- 3) Repeat this process on the opposite hinge to ensure Flexion control is obtained simultaneously.
- 4) Flex the brace several time to ensure both screws are securely tightened into place

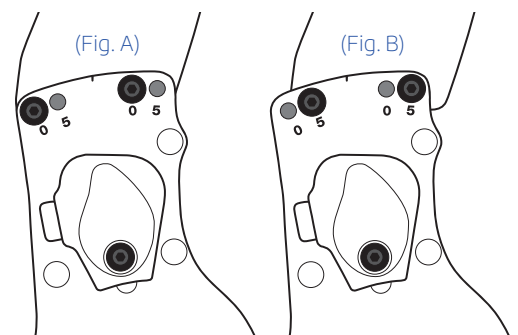


### Flexion Stop Kit



### Extension Stop Instructions

To change the locking position, simply remove the two Allen torque screws – with the Allen wrench provided in the kit – located on the upper portion of each hinge assembly (Fig. A). Slide the thigh shell backward until both holes are in line with the two 5 degree location (Fig. B). Apply a torque screw to each location and tighten securely. Repeat this process for the opposite side to ensure the hinges are reaching terminal extension simultaneously. NOTE: Make sure the back plate – shaped like a banana – is aligned properly before trying to tighten the two torques screws.





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## Patient Instruction Guide

The Townsend RebelLock is an effective lightweight noninvasive product that allows patients to ambulate with confidence. The system provides stability when stability is needed. The RebelLock is prescribed for several different clinical indications associated with global knee instabilities; both ligamentous and muscular.

### Fitting Instructions



- 1) The RebelLock brace should be applied sitting down with your leg slightly bent at approximately 45 degrees of flexion.

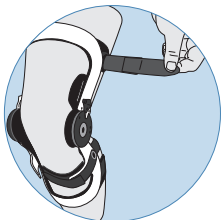
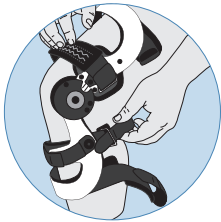
**NOTE: Make sure the drop locks are disengaged on both hinges. Before you tighten any straps, it is always important for you to properly position the brace on the leg.** Make sure each of the four straps that go across the back of your leg are open. Slide the frame of the brace onto your leg. The condyle pads attached to the inside of the hinges should press against the sides of your knee. If you have positioned the brace and hinges at the correct height on your leg, the middle of the condyle pads should line up with the upper third of your knee cap. If the medical professional who fit your brace did not adjust the length of straps and strap pads, you will need a pair of scissors so you can cut the straps and strap pads to the appropriate length.

**NOTE: It is always better to put your brace on a little too high than too low.**

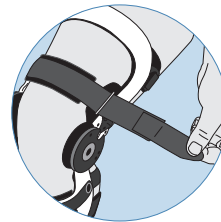


- 2) The Synergistic Suspension Strap, which is the upper calf strap, is attached to the outside of the frame and wraps inside between the brace's lower shell and your leg. The strap is also angled to match the natural contour of the top of your calf muscle. This strap should be tightened in the flexion fold behind your knee. This is the

most important strap for keeping the brace secure on your leg and preventing it from slipping down. Next, tighten the distal (bottom) calf strap to secure the lower tibial band to your leg.



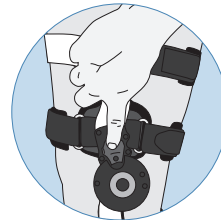
- 3) Next, tighten the two upper straps to secure the thigh section of the brace to your leg. The chafes that you feed the strap through can be angled to ensure the straps fit flat against the back side of your leg.



- 4) Tighten the front thigh strap by inserting the end of the strap through the plastic sub-shell. As you tighten this strap, the padded sub-shells will compress into the side of your leg to maximize support and brace suspension.



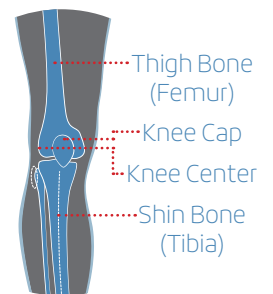
- 5) As a final step, push down on the brace to make sure it is strapped securely and stays in place. We also recommend that you straighten your leg and retighten the lower thigh and tibia strap to achieve maximum control.



- 6) The drop locks on this brace have been set to engage at 0 (full extension) or at 5 degrees. To disengage the drop locks, simply pull up on the lock at the top of each hinge until it clicks and stays up in the unlocked position. To relock the hinges, press button on the front of the lock and when you straighten your leg completely to full extension the locks will drop and re-engage.

### General Positioning Instructions

When you begin to put on your brace, it is important for the hinges to be aligned with knee center. This means the center of the hinges should press against the side of your knee in a position that corresponds with the upper third of your knee cap. Additionally, tightening the Synergistic Suspension Strap in the flexion fold behind your knee will help to ensure the hinges are at the correct height on your leg.





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## Care & Maintenance

**Hinge** – The hinges on your brace are pre-lubricated. If sand, dirt or water get inside the hinges, they may require periodic lubrication. If you notice the hinges not gliding smoothly, a few drops of a synthetic lubricant can be applied. You can purchase this type of lubricant at a hardware store.

**Straps** – The straps on your brace are nonelastic for maximum control. After considerable use, if the fibers on your strap do not adhere as well to the Velcro “hook” tab, if possible, cut the strap shorter so the Velcro hook tab adheres to a section of the strap that has fresher fibers. Otherwise the straps may need to be replaced.

**Cleaning Brace Pads** – Your brace is lined with padding that provides a comfortable interface between your leg and the shells. The straps also have pads. It is best not to remove the pads from the brace or straps. Wipe the pads after each use to remove any moisture and let the pads air dry. You can also clean the pads with a mild anti-bacteria soap and rinse them off with fresh water. DO NOT wash pads in a machine or dry them with a blow dryer.

## Parts & Service

Your brace is lined with padding that provides a comfortable interface between your leg and the shells. Certain straps may also have pads. Do not remove the pads from the brace or straps. Wipe the pads after each use to remove any moisture and let the pads air dry. You can also clean the pads with a mild anti-bacteria soap and rinse them off with fresh water. DO NOT wash pads in a machine or dry them with a blow dryer.

## Undersleeves & Protective Covers

This brace has a soft liner and is designed to be worn directly against the skin. Neoprene or cotton under sleeves may be ordered if you prefer to wear a sleeve under your brace. Wearing an under sleeve may enhance comfort, however, a sleeve can potentially cause the brace to slip down your leg. For activities that may expose the brace to objects that could damage the Powder Coated shells, we strongly recommend that you speak with the medical professional who fit your brace about ordering a protective cover. A cover is also often required for team sports.

## Warranty Information

Under normal use and conditions, the shells and hinges on your brace are covered by a one year warranty against defects or breaking. Straps, hinge covers, and other replaceable parts are covered for six months. If you experience a problem with the fit or function of the brace, please call the medical provider who fit your knee brace.

## Product Disclaimer

This brace 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 understanding or 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 RebelLock knee brace may aid in decreasing the risk or degree of injury, Townsend Design cannot and does not guarantee that the brace will restrict all instabilities or prevent injuries.