



THUASNE

EXOGUARD

## Medical Professional Instruction Guide

We encourage that you review the Patient Fitting Instructions with the patient during the initial fitting, as well as for instructions regarding the use and care of the brace.

The ExoGuard custom knee brace is easy for the patient to learn to apply. The most important aspect is the position of the hinges at knee center. 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, it is always better to instruct them to error on being 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. Ideally, for braces made with TM5+ Hinges, the condylar pads should be providing contact and slight pressure on both sides of the leg. You can use thicker condylar pads that come with the brace to snug up the M-L pressure as needed.

Any strap or strap pad that is too long should be trimmed to an appropriate length during the initial fitting.

If there are any limitation needed to range of motion, please refer to the instructions which describe the process for adjusting extension and flexion stops.

### Indications

Moderate to severe knee ligament instabilities, reconstructions, strains/sprains or prophylactic use. Intended for single patient use.

### Contraindications

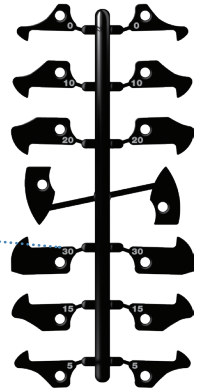
Do not apply the product in direct contact with broken skin.

### Extension Stop Instructions

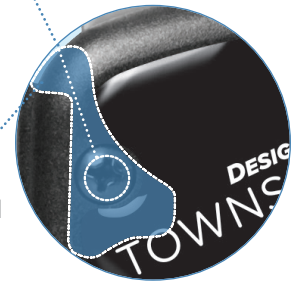
(An extension stop kit ships with every brace.)

At the time of fabrication, a zero degree extension stop was 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

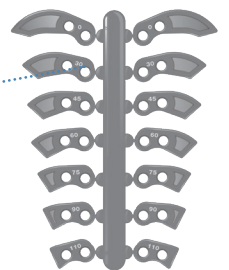


### Flexion Stop Instructions

(Flexion stops are an optional accessory item.)

To limit the degree of flexion, detach the desired stop from the metal tree. Each stop has the degree etched into the surface.

- 1) 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.
- 2) Flex the brace until the upright contacts the stop to ensure it is functioning properly.



Flexion Stop Kit





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## Patient Instruction Guide

The medical professional providing your brace will supervise your initial fitting and provide general instructions about applying the brace. Please refer to these illustrations each time you put on the 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 the brace and will return the brace to Thuasne USA if any adjustments are needed.

### Undersleeve & Protective Cover

The ExoGuard 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. If you intend to wear the 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 the brace about ordering a protective outer cover that fits over the brace.

### Caring For Your Brace

**Lubrication:** The hinges on the 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 and extend the brace. Wipe away any excess lubricant.

**Cleaning:** The inside pad liners of the brace should be wiped dry after every use. You can also remove the liners from their velcro anchor points and wash with a mild solution of water and a liquid detergent. Wipe off with a clean sponge and let the liners air dry (do not use a hairdryer).

### Indications

Moderate to severe knee ligament instabilities, reconstructions, strains/sprains or prophylactic use. Intended for single patient use.

### Contraindications

Do not apply the product in direct contact with broken skin.

### Warning & Precautions

If you experience any skin reactions, loss of circulation, pain, or other complication, discontinue use and seek medical attention.

### Warranty

Under normal use and conditions, the shells and hinges are covered by a Lifetime Warranty against defects or breaking. Softgoods like 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 fabricating. If you experience a problem with the fit or function of the brace, please call the medical provider who delivered the brace.

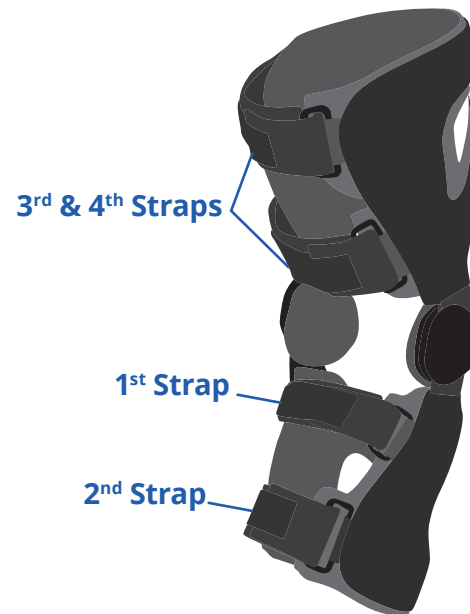
### Product Disclaimer

*This brace is a prescription product that should be used in accordance with the directives of a physician. 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. Because of variations in the health and condition of each patient, Thuasne USA also does not make any specific recommendations regarding appropriate activities for the user of this brace. You should IMMEDIATELY DISCONTINUE USE of this brace if there is any abnormal redness that lasts more than 10 minutes after removing the brace, or any skin irritation, bruising, blistering or abrasion.*

### Fitting Instructions

- 1) Sit in a chair with your leg bent at a 45-degree angle. Position the brace on your leg so the hinges are centered at the upper third of the patella (knee cap). It is always better to apply the brace too high rather than too low.
- 2) Begin by tightening the Synergistic Suspension Strap™. This strap, which is closest to the hinges on the lower portion of your brace, should be positioned in the flexion fold behind your knee on top of your calf muscle. **Note: The comfort pad on the inner side of this strap MUST be peeled back and cut if it prevents you from tightening the strap securely.**
- 3) Tighten the bottom calf strap to secure the lower shell to your leg.
- 4) Tighten the two thigh straps to finish securing the brace to your leg.

### Strapping Sequence



### General Positioning Instructions

The Townsend Motion Hinges on the brace mirror the anatomical motion of the knee. It is very important for the hinges to be properly positioned. The center of each hinge should line up with the middle to the upper third of the knee cap. It is better to put the brace on a little too high than too low. It is also important to make sure the hinges are set approximately in the center of the side of your leg.

