



THUASNE

ROMX Knee



## ROMX Instruction Guide

### Application Instructions

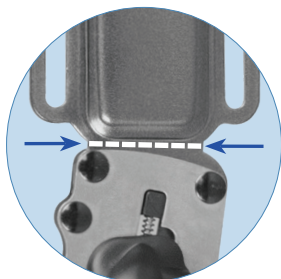


#### Positioning the Hinge/Bar Assembly:

For your convenience, the straps have been pre-inserted through the bar assemblies and should not be removed. For larger patients, you may need to loosen the straps slightly to properly position the bars against the sides of the leg. Lift the patient's leg and slide the brace straps under the posterior aspect of the thigh and calf (Illustration #1). If you are using full shell pads, attach the aluminum bars to the side of the foam so the hinges are aligned with knee center.

#### Contouring the Upper Bars:

The upper bars have been designed with a contouring groove cut into the proximal bars. This slot creates a point where the bar is more malleable, making it easier for you to bend the aluminum struts. Simply place the slotted section of the upper bar against a rigid surface (i.e. a counter top) -- making sure to avoid any pressure or damage to the lock -- and bend the bar to the desired angle. If necessary, repeat this process for the opposing bar to ensure both the medial and lateral struts lay flat against the leg. For the tibia section, the bars are pre-bent at the factory just below the hinge, and the bar extender will generally self-contour to the limb when the distal strap is tightened (illustration #2).



#### Tightening the Straps (ROMX.SS model only):

The order in which the straps are tightened is not critical. We recommend you start by tightening the two straps (dual anterior pull) attached to the C/S Package. This will help keep the hinges properly positioned and promote suspension (Illustration #3). We recommend you adjust the medial pull strap first, securing the Velcro tab to the strap. (NOTE: Make certain the chafe buckle and protective pad are centered on the front of the leg). Once this medial Velcro tab is secured, there is no need to open the strap to reapply the brace on the leg. Pull the lateral strap to create full circumferential tightening and attach the strap on the back of the leg. Wrapping the straps over the bars will increase control and stabilization. There is no other strapping sequence for the remaining straps. You may cut any excess strap material to give the brace a neater appearance.



#### Comfort and Control:

For added comfort and control, you can contour the semi rigid aluminum paddles located on the upper extension bar and calf strap to help create a more intimate fit, promoting greater suspension.



### Standard Options & Accessories

#### Pad Configuration Options

- Individual pads that fit under each strap, or
- Full shell pad set, one for the thigh and one for the calf

#### Bar and Hinge Assemblies

- 17" to 22" tool less adjustable side bars
- Patent Pending C/S (compliance & suspension) package
- Adjustable ROM hinges with spring engaged drop lock
- Semi-malleable paddles for added control and comfort
- Contouring void in upper bar

#### Straps with adjustable Velcro "Hook" Tabs

- Four 2000 life cycle Velcro sensitive straps
- Convenient dual anterior closure system
- Velcro "hook" tabs for securing the straps in position

Notes: \_\_\_\_\_

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## Hinge Settings

Townsend ROMX braces have a simple quick dial hinge that enables medical professionals to set flexion and extension stops in 10 degree increments. As rehabilitation progresses, the setting can be quickly modified with the brace on the patient's leg. A drop lock can be manually engaged and disengaged by the patient.

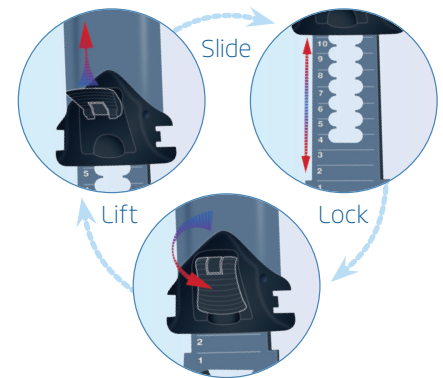
The hinges should be pre-set to the desired flexion and extension setting before the brace is initially-applied to the leg.



### Engaging and Disengaging the Drop Lock:

The drop lock engages at 0 degrees. Please Note: For the drop lock to engage, the extension setting must be at 0 degrees. To disengage the drop lock, simply pull up on the lock until it clicks into a free motion (unlocked) position. **NOTE: The return button on the top of the lock should pop up when the lock is in the correct position. To return the drop lock to a locked position, push the return button at the top of the lock. Once the patient's leg and brace reach 0 degrees, the lock will engage.**

## Length Adjustment



### Lift, adjust length, then snap to lock

ROMX Series extension bars are routinely pre-set at the factory to 20 inches in length. The length can be adjusted by lifting the slide SnapLock adjustment mechanism lever (see photo), extending or shortening the extensor bar to the desired length.

**NOTE: To ensure proper locking alignment, make certain a line and number is visible prior to engaging the SnapLock adjustment mechanism lever.**

**If you have questions regarding application instructions or product warranties, please speak with your local Townsend representative or call 800-432-3466.**

## Flexion & Extension Stop Instructions



### Flexion Stops:

Lift up and disengage the drop lock allowing you to rotate the hinge cover so the opening provides access to the locking arm that controls the flexion setting. Pull the locking arm straight out from the notched setting, bend the brace to the desired position, then rotate the cover and arm to the new flexion setting. Push the locking arm into the desired setting.

### Extension Stops:

With the drop lock up and disengaged rotate the hinge cover so the opening allows access to the locking arm that controls the extension setting. Pull the locking arm straight out from the notched setting, bend or extend the brace to the desired position, then rotate the cover and arm to the new extension setting. Push the locking arm into the setting.



### Positioning the Hinge Cover:

Return the hinge cover to neutral position with the opening at the top of the hinge between the flexion and extension settings. You will note the raised bump at the bottom of the hinge. This small notch prevents the hinge cover from rotating inadvertently while the brace is in a free motion position, keeping the range of motion stops positioned correctly (illustration #3).