

ROM-LX Post-Op Knee Brace

Instructions For Use

Size Chart

- Universal

Intended Use

Controlled range-of-motion for post-traumatic, post-surgical repair of the knee.

Indications

- ACL, PCL, MCL, LCL injuries
- Tibia plateau fractures
- Osteochondral repairs
- Meniscal repairs
- Patella tendon repairs
- Condylar fractures
- HTOs (High Tibial Osteotomy)
- Acute Sprains/ strains of the knee

Contraindications

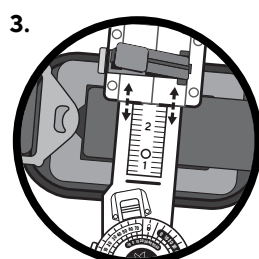
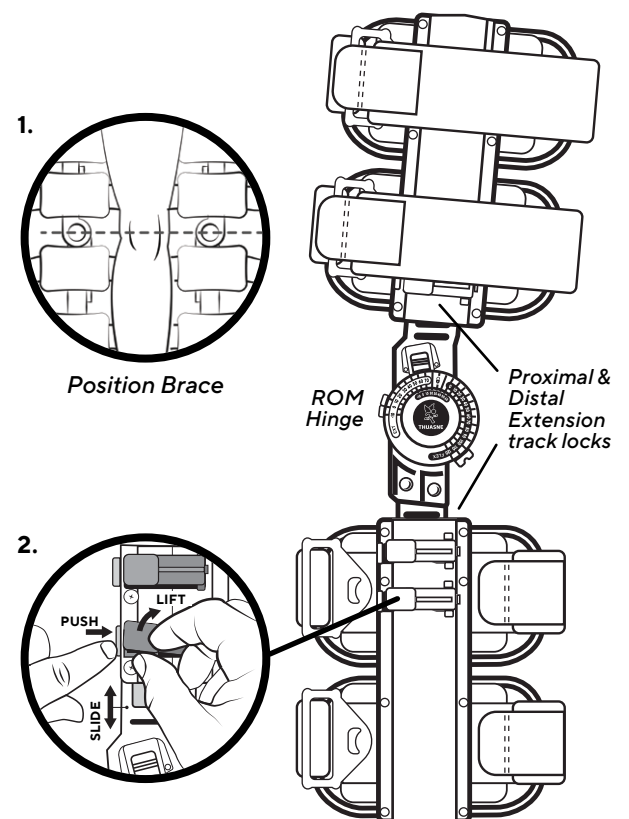
- Unstable fractures
- Fractures of the proximal femur or distal tibia or fibula

Caution

1. This product has been designed and tested for single patient use.
2. The patient must immediately discontinue use and contact their medical professional if:
 - Any problems occur with the use of this product;
 - The patient experiences any increased pain, swelling, numbing, skin irritation, or any other adverse reaction while using this product.
3. The patient should consult with their medical professional before making any adjustments to the brace.
4. This product is intended to be prescribed and fitted by a licensed medical professional.

Brace Adjustment

1. Position brace paddles on leg by aligning hinge center to knee center (**Figure 1**)
2. **Contouring the Uprights (If needed)**
 - Brace uprights can be contoured to help prevent migration.
 - Make sure brace is fully collapsed before bending. **Place hinge on a solid surface to protect hinge function.**
 - Apply gentle constant pressure in desired direction on either proximal or distal end of brace. Repeat process on opposite upright as needed.
3. **Length Adjustment**
 - Determine desired length of brace. Brace can be fixed at any length between 17" – 26 ½" in ½" increments.
 - To release Track Locks (**Figure 2**) **Push** the release button, **Lift** the Slide Lock, **Slide** to the desired length. Secure both track lock buttons. Repeat for opposite side of brace.
 - Adjust using the ½" measurement markers (**Figure 3**) notched in the uprights to all sides.



Measurement Markers

ROM-LX Post-Op Knee Brace

Brace Adjustment

1. Fastening Straps (figure 4)

- Disengage Buckles - Flip buckle up and pull with a twisting motion (Figure 4a)
- Tighten Strap (Figure 4b)
- (Optional) Velcro Squares - To maintain anterior/posterior positioning of straps, apply provided velcro pieces to the proximal/distal uprights under strapping to secure in place.

2. Setting the Drop Lock (Figure 5a)

- Lock comes set at 0° and can be locked in 10° increments -10° to 60°.
- To unlock, slide blue drop lock button away from hinge center. To lock, rotate hinge to one of the designated drop lock positions and slide the blue button toward hinge center. Slide button can also be left unlocked for free range of motion.
- Repeat on opposite hinge.

3. Adjusting the ROM Hinge (Figure 5b)

- Disengage the drop lock. Extension can be set from -10° to 70° in 10° increments. Flexion can be set from 0° to 120° in 10° increments.
- To set extension, depress the black push button located on the "Extension" side of the joint and slide to desired setting. To set Flexion, depress the black button located on the "Flexion" side of the joint and slide to desired setting.

Fitting Instructions

1. Position brace paddles on leg by aligning hinge center to knee center (Figure A)

2. Fastening Straps (Figure B)

- Disengage Buckles - Push buckle up and pull with a twisting motion
- Tighten Straps in order shown (Figure C)

Care Instructions

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L-0159 Rev. A



Remove pads and
hand wash
30°C with mild
detergent



Do not
tumble



Lay pads flat
to dry



Do not submerge
uprights and
hinge in water

