



FLEX



INNOVATION
SPORTS

FLEX Application Instructions



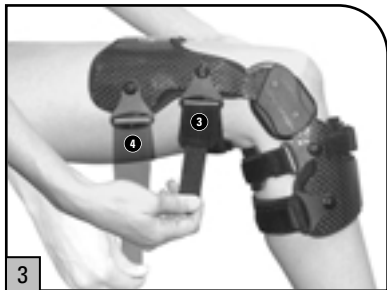
Application

- 1** Loosen all straps, unfastening from the outside (buckle side) of the brace.
- 2** Place the brace over the knee, with the lateral arms resting on the outside (buckle side) of the leg, so the bottom of the condylar pads are aligned with the base of the knee cap (**1**).
- 3** Fasten the strap immediately below the knee by inserting the strap through the buckle in the lateral arm in the brace. Be sure this strap is tightened above the calf muscle to aid in the suspension of the brace. Next, fasten the bottom strap (**2**).
- 4** Next, fasten the strap that is immediately above the knee, followed by the top strap (**3**).

Application *(cont.)*

- The tibial adjustment strap should be secured last. Pull on both ends of the strap evenly so the brace is snug against the leg. Secure the strap by placing the end with one-sided Velcro™ tab on top of the double-sided tab (4).

NOTE: To accommodate subtle variances in the plane of the patient's leg, the tibial adjustment strap — in conjunction with the lower cruciate and bottom straps — should be loosened or tightened as needed so that the center of the hinges is slightly posterior of the midline. If the brace is too far anterior, loosen the tibial adjustment strap and tighten the lower cruciate and bottom straps. If the frame is too far posterior, loosen the lower cruciate and bottom straps and tighten the tibial adjustment strap. Accurate planar setting will help to ensure brace suspension.





Fine Tune Adjustments

To narrow the fit at the knee joint, a shim (provided) can be installed as follows:

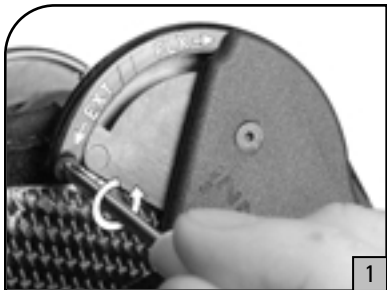
- 1** Remove the gel pad.
- 2** Attach shim to the Velcro™ fastener on which the gel pad was previously seated **(1)**.
- 3** Replace the gel pad on top of the shim **(2)**.
- 4** Repeat for other side, if necessary.

Fine Tune Adjustments *(cont.)*

To widen the fit at the knee joint, the installed gel pads can be removed and replaced with thinner neoprene pads (provided). Two sizes of neoprene padding are included with your FLEX™ brace: $\frac{1}{8}$ " and $\frac{1}{16}$ ". Any combination of these pads can be used to achieve a more comfortable fit and alleviate pressure at the joint.

- 1 Remove gel pads and replace them with the desired neoprene pads (1).
- 2 Secure neoprene pads in place with covers, also included (2).





Fine Tune Adjustments *(cont.)*

NOTE: the FLEX™ knee brace provides total control over range of motion (ROM), from full ROM to “lockout” (i.e., no flexion allowed). The amount of flexion and extension can be adjusted by changing the size of the flexion and extension stops. Changing stops should be done under the advice of your healthcare provider. If you change the stop on one hinge, you **MUST** change the stop to the same size on the opposite hinge.

EXTENSION STOP SIZES: 10°, 20°, 30°, 40°, lockout (full ext)
FLEXION STOP SIZES: 45°, 60°, 75°, 90°

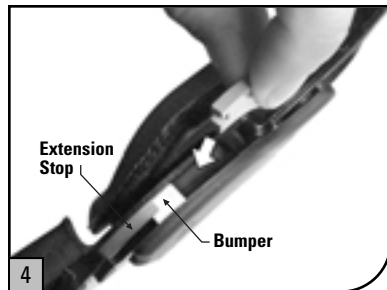


To adjust flexion and extension stops:

- 1 Remove screw securing stop cover. Note **EXT** and **FLX** markings on side of stop cover indicating placement of extension and flexion stops (**1**).

Fine Tune Adjustments *(cont.)*

- 2 Lift stop cover and insert desired extension stop into top half of groove (2).
- 3 Make sure notch in extension stop faces towards metal bumper located in middle of groove (3).
- 4 Insert desired flexion stop into lower half of groove with notch facing towards metal bumper (4).
- 5 Close stop cover and replace screw.



WARNING

This knee brace is a supportive brace only and is not intended or guaranteed to prevent knee injury. Purchaser agrees to the following:

- 1** Innovation Sports, Inc. accepts no responsibility for any injury which might occur while using Innovation Sports, Inc. knee bracing products.
- 2** With use of this type of device, it is possible to receive various types of skin irritation, including rashes and pressure points. If you experience any unusual reactions while using this product, consult your health care provider immediately.
- 3** If you have any questions as to how this brace applies to your own specific knee condition, consult your health care provider.

If you do not agree to the above conditions, contact your brace provider before using this product.

