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## The Knight™ - Combined Instability Functional Knee Brace

### Instructions For Use

Please read these instructions completely and carefully before applying this brace. Correct application of the brace is important for proper function.



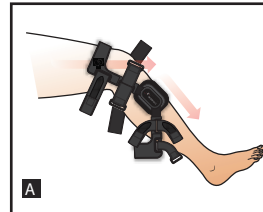
# THE KNIGHT™ COMBINED INSTABILITY FUNCTIONAL KNEE BRACE INSTRUCTIONS FOR USE

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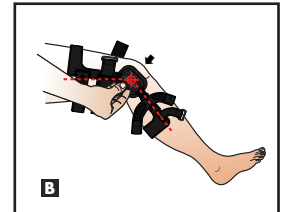
**Indications:** ACL, PCL, MCL, LCL, instabilities, reconstruction, and hyperextension.

## Application Instructions:

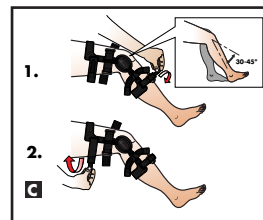
**A** Unfasten all straps and fold the hook/loop tabs back onto the straps. While seated on the edge of the chair step through the brace as shown (Fig. A).



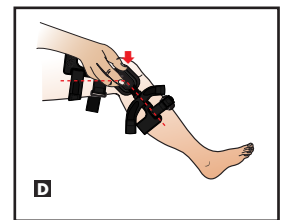
**B** Position the brace so that the hinge is centered on the knee cap (patella) (Fig. B).



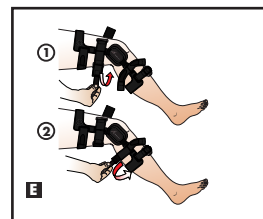
**C** Bend the knee between a 30°- 45° angle and secure bottom calf strap #1 (Fig. C - 1). Next, fasten the top thigh strap #2 (Fig. C - 2).



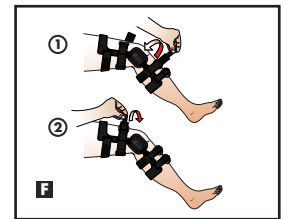
**D** Holding both hinges, push the hinges backward until they are slightly posterior/behind the midline/middle of the knee (Fig. D).



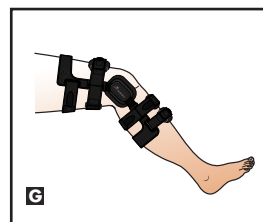
**E** Secure lower posterior thigh strap #3 (Fig. E - 1). Then secure upper posterior calf strap #4 (Fig. E - 2)



**F** Secure upper anterior calf strap #5 (Fig. F - 1). Then secure lower anterior thigh strap #6 (Fig. F - 2).



**G** A properly applied brace (Fig. G).



### Use and Care:

Straps and pads may be trimmed to accommodate variations in leg size. Following activity in fresh or salt water, rinse brace thoroughly in clean water and air dry. Routinely check the hinge screws for tightness and retighten as needed. Lubricate hinges periodically with a dry lubricant or Teflon™ spray. Do not use petroleum based lubricants. Hand wash liners and condyle pads in cold water with a mild detergent. Air Dry, do not heat dry liners or pads.

### Warning:

This product is to be used under the supervision of a medical professional. This device is not intended for unsupervised public use. If you experience any pain, swelling, sensation changes, or any unusual reactions while using this product consult your medical professional immediately

### Notice:

While every effort has been made in state-of-the-art techniques to obtain the maximum compatibility of function, strength, durability and comfort, this device is only one element in the overall treatment program administered by a medical professional there is no guarantee that injury will be prevented through the use of this product.

### Warranty:

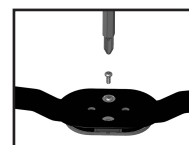
Top Shelf Orthopedics guarantees this product to be free of defects in material and construction, for a period of six months on the associated soft goods and straps, and twelve months on the brace frame from the date of purchase.

### Caution:

Federal Law (U.S.A.) restricts this device to sale by or on the order of a licensed health care professional.

### Hinge Adjustment Instructions

The brace is shipped with a 10° extension stop installed. If it is requested by a licensed health care professional, the stops may be changed.



To change the stops, completely remove the corresponding screw from the hinge.



Insert the new stop, reapply the hinge cover and reinsert and completely tighten both screws. Repeat the procedure on the other hinge. Both hinges must have identical stops installed.

Stops Included  
Extension 0°, 10°, 20°, 30° & 40°  
Flexion 45°, 60°, 75° & 90°  
(no flexion stops are installed)