

**KNEE TURNBUCKLE ORTHOSIS
FLEXION OR EXTENSION**
Static progressive positioning of knee

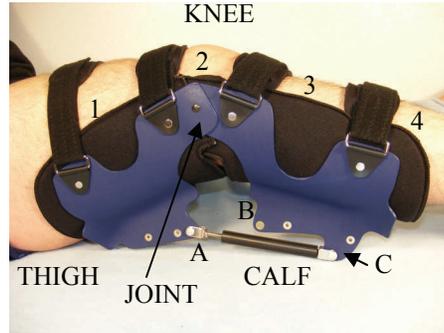
INSTRUCTIONS

OVERVIEW

Rotate body of turnbuckle to lengthen or shorten
Shorting the turnbuckle applies a force to flex the joint
Lengthening the turnbuckle applies a force to extend the joint
Range of motion should be increased very gradually, and tolerated by the patient.
Excessive force can cause joint damage, skin breakdown, and pain. Do Not be overly aggressive
Depending on condition of patient, establish appropriate schedule for wearing, skin examination, and amount of force

Chose appropriate range for orthosis

Approx. Range	With Turnbuckle Ends In Holes
50° flexion to 25° flexion	A & C
25° flexion to 15° hyperextension	A & B



APPLICATION

Position turnbuckle. Measure patients range of motion. Position Turnbuckle & Orthosis so there is no force to extend or flex the knee. This will facilitate donning and proper positioning of orthosis on knee. Open straps. Place leg in orthosis. Align hinge in orthosis with anatomical knee joint. Straps 2 & 3 positioned above and below patella. Secure straps, adjust strap pads and tighten. Slowly rotate turnbuckle to desired position. Loosen force on turnbuckle before removing splint. Evaluate fit, function, and instruct patient on use.

MODIFICATIONS

Adjust strap length after orthosis has been fit. To adjust length, open hook "sandwich", remove strap, cut to length and reposition between hook.
Kydex plastic frame can be modified with heat gun. Remove from patient, remove liner, carefully heat the Kydex plastic, reshape, and allow to cool completely before reapplying.



CLEANING

Remove liners and hand wash in cold water with mild soap. Thoroughly rinse and completely air dry before using. Wipe plastic with a damp cloth.

Discontinue use and immediately contact your medical professional if you are experiencing any loss of sensation, swelling, redness, or pain, or if you have any questions or concerns.

Fits Right or Left Leg

SIZE	THIGH CIRC.	CALF CIRC.	MODEL NUMBER
SMALL	18" - 20"	13" - 14"	56690701
MEDIUM	20" - 22"	14" - 16"	56690702
LARGE	22" - 25"	16" - 18"	56690703
EXTRA LARGE	25" - 28"	18" - 20"	56690704

To be fit by qualified medical professional with Physician's prescription. Single patient use.

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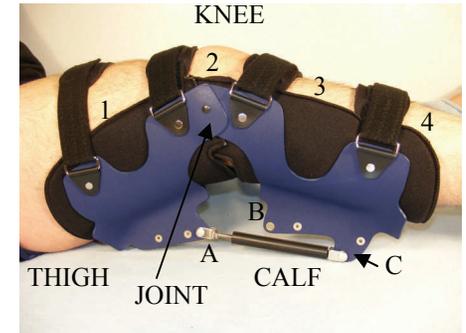
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