

THANK YOU FOR USING THE VERTALOC® PROGRESSIVE KNEE BRACE

The Progressive Osteoarthritis Knee Brace has been designed to maximize stability of your knee while providing the support you need to be active.

YOU HAVE RECEIVED:

- ONE (1) KNEE ORTHOSIS BRACE THAT CONSISTS OF 3 RE-ATTACHABLE FABRIC PIECES WITH CLOSURE SYSTEM
- FOURTEEN (14) METAL STOPS (2 SETS OF 7)
- SIX (6) SCREWS
- ONE (1) ALLEN KEY
- TWO (2) SOFT PADS (REMOVABLE)
- ONE (1) MEASURING TAPE

SIZING:

To ensure proper fit, please measure your thigh with the measuring tape included six inches above the knee to select the size listed on the inner side of the brace. See measurements & corresponding sizes listed below.



Do not cut fabric until you are certain about your size. You may choose to leave the extra fabric one size up on each side in case you need to readjust the sizing of your brace.



Once the size is determined, detach metal hinges with straps. Open the middle fabric marked as #2 and detach fabrics marked #1 and #3 on both the left and right sides. Using scissors, cut the middle fabric #2 along the lines that correspond to your size on both sides (It is suggested that you leave extra fabric one size up on each side in case you need to readjust the sizing of your brace). After cutting the #2 fabric, re-attach side fabric marked #1 and #3 to the middle #2 fabric piece along the line that corresponds to your size. For additional support, attach **inner soft pads* on both sides of the brace.

SEE FITTING INSTRUCTIONS ON THE NEXT PAGE.



SIZE	INCHES
Small	14 - 17
Medium	17 - 20
Large	20 - 23
X - Large	23 - 26
2X - Large	26 - 28
3X - Large	28 - 31

FITTING INSTRUCTIONS

QUESTIONS OR COMMENTS? WE ARE ALWAYS HERE TO HELP YOU.
CALL US TOLL FREE 855-VERTALOC (855-837-8256)

FIT YOUR BRACE IN A FEW SIMPLE STEPS

PAGE 2



1. POSITION THE BRACE BEHIND THE KNEE. WRAP THE FABRIC AROUND THE KNEE AND CLOSE IT ON THE FRONT SIDE OF THE KNEE.



2. REATTACH HINGES (WITH STRAPS ATTACHED) TO THE BRACE ON BOTH SIDES OF THE KNEE.



3. IF NEEDED (FOR SIZES S, M, AND L) CUT BOTH STRAPS TO ADJUST THE LENGTH FOR YOUR LEG. RE-ATTACH THE VELCRO TO THE END OF THE STRAP.

4. GENTLY WRAP THE STRAP ABOVE THE TOP PORTION OF THE THIGH, ENSURING A LOOSE FIT.



5. GENTLY WRAP THE BOTTOM STRAP AROUND THE CALF, ENSURING A LOOSE FIT.



6. CONFIRM THAT PATELLA IS CENTERED, ADJUST IF NECESSARY. CONFIRM HINGES ARE CENTERED EVENLY, ADJUST IF NECESSARY.



PLEASE CONSULT WITH YOUR PHYSICIAN BEFORE USING METAL STOPS

Use the provided metal stops to adjust the range of motion of both hinges. The stops are labeled with both "E" and "F" letters. "E" represents Extension and "F" represents Flexion. Following the "E" and "F" are numbers. The numbers represent the amount of extension or flexion measured in degrees of motion the particular stop provides.



To adjust the hinge, unscrew the appropriate screw until you reach the perfect fit (place the stop in the front to limit extension and place the stop in the back to limit flexion). Next, insert the stop and put the screw back into the hole. Screw until tightened and make sure to adjust both hinges. (It is important to put identical stops on each side of the brace).



WARNING: THIS PRODUCT IS NOT DESIGNED TO PREVENT INJURY. IF YOU EXPERIENCE SKIN IRRITATION, PAIN OR DISCOMFORT WHILE USING THIS PRODUCT, REMOVE IMMEDIATELY AND CONTACT YOUR HEALTHCARE PROVIDER.

CARING FOR YOUR PROGRESSIVE KNEE BRACE: Remove hinges before washing. Rinse thoroughly by hand with warm soapy water, line dry ONLY. Do not machine wash or dry. Do not expose to direct heat sources such as heaters, stoves, and radiators.

VERTALOC® PROGRESSIVE KNEE WARRANTY:

- ✓ YOUR VERTALOC PROGRESSIVE KNEE BRACE IS WARRANTED TO BE FREE OF MATERIAL OR WORKMANSHIP DEFECTS.
- ✓ ANY DEFECTIVE COMPONENTS OF YOUR VERTALOC PROGRESSIVE KNEE BRACE MAY BE REPLACED OR CREDITED AT THE DISCRETION OF VERTALOC, INC.
- ✓ THIS PRODUCT IS WARRANTED FOR ONE YEAR FROM THE DATE OF PURCHASE.

QUESTIONS OR COMMENTS? WE ARE ALWAYS HERE TO HELP YOU.
CALL US TOLL FREE 855-VERTALOC (855-837-8256)