

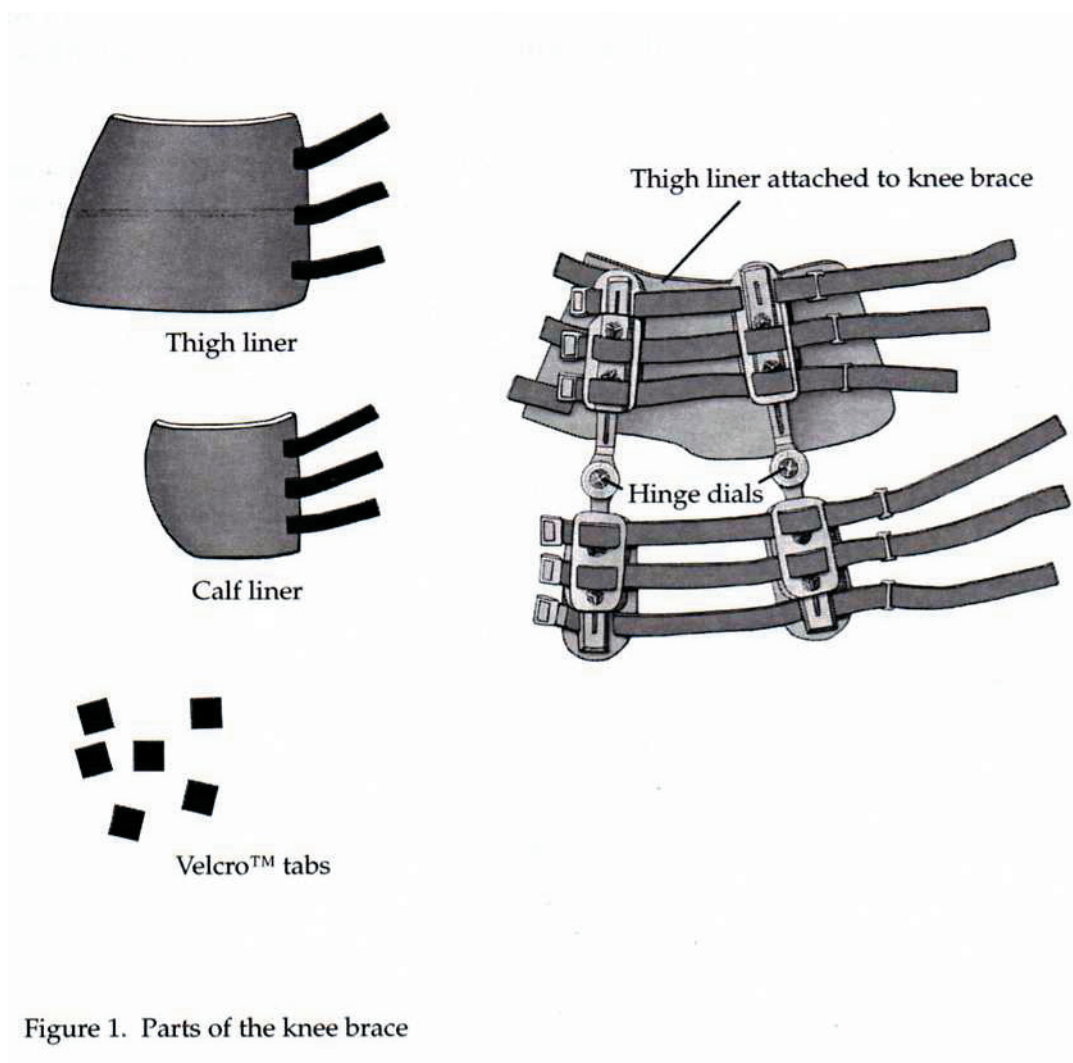
Rehab III (Donjoy™) Knee Brace Instructions

Your Rehab III (Donjoy™) knee brace is intended to keep your knee from bending or moving from side to side to help prevent further injury to your knee joint. Dr Herald will preset your knee brace before you leave the hospital.

This information contains step-by-step directions for applying your Rehab III (Donjoy™) knee brace at home after you have received instructions from Dr Herald.

Parts of the Knee Brace

Become familiar with the different parts of your knee brace (see figure 1).



You may need to remove your knee brace:

- Before bathing
- To clean your brace liners
- If the brace is positioned incorrectly

Reapply your knee brace as soon as possible following the instructions that begin on page 3.

Liners in Place

Apply the knee brace thigh and calf liners onto your leg. Secure the liners with the Velcro™ straps attached to the liners. Make sure the thigh and calf liners, as well as the straps, are snug but not too tight. You should still be able to slip your fingers snugly underneath the liners (see figure 2).

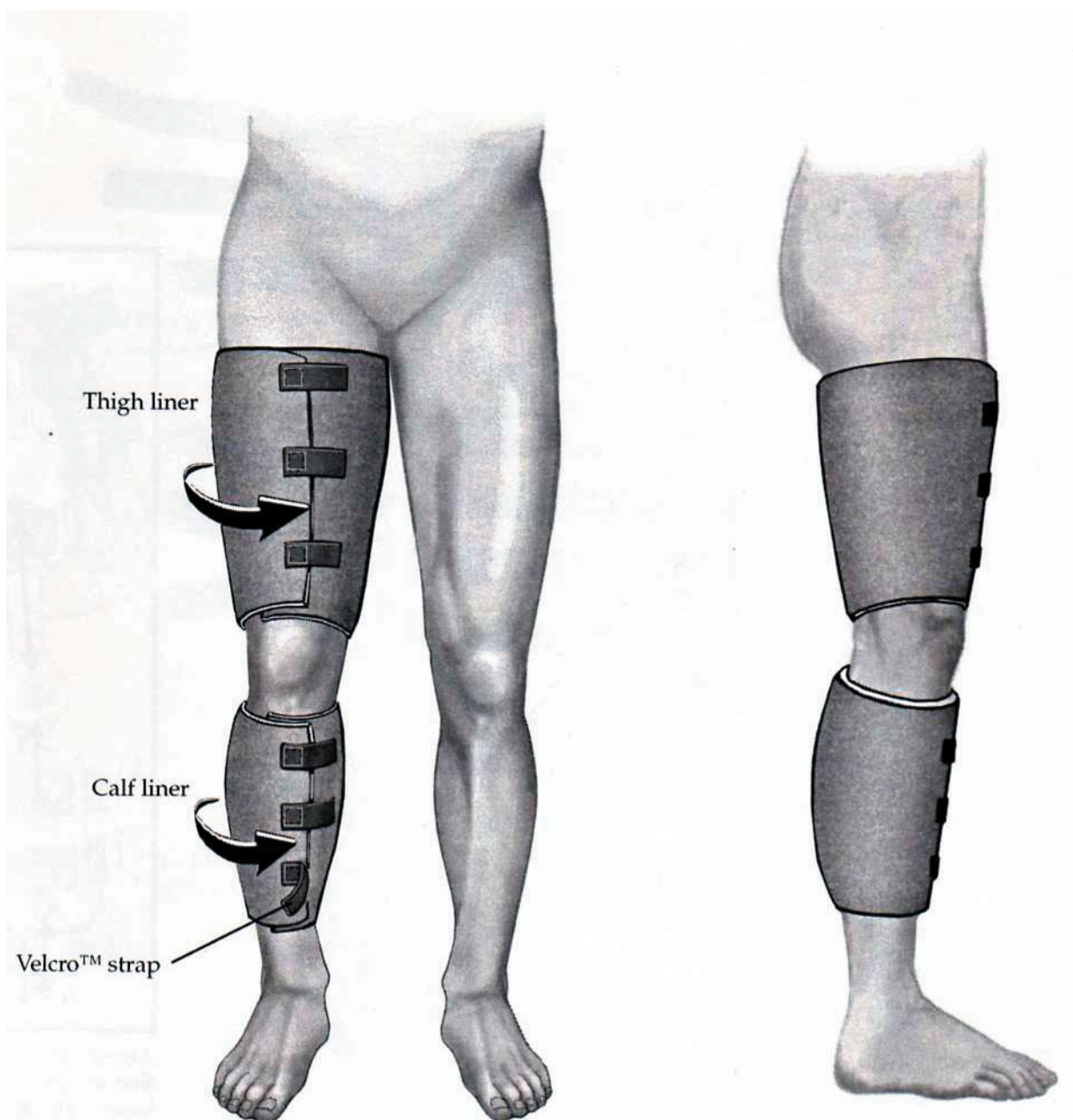


Figure 2. Liners in place

Adjusting the Knee Brace

Always check with Dr Herald before adjusting your knee brace. If Dr Herald instructs you to adjust the length of the knee brace, loosen the thumbscrews and slide the wings to the desired length (see figure 3).

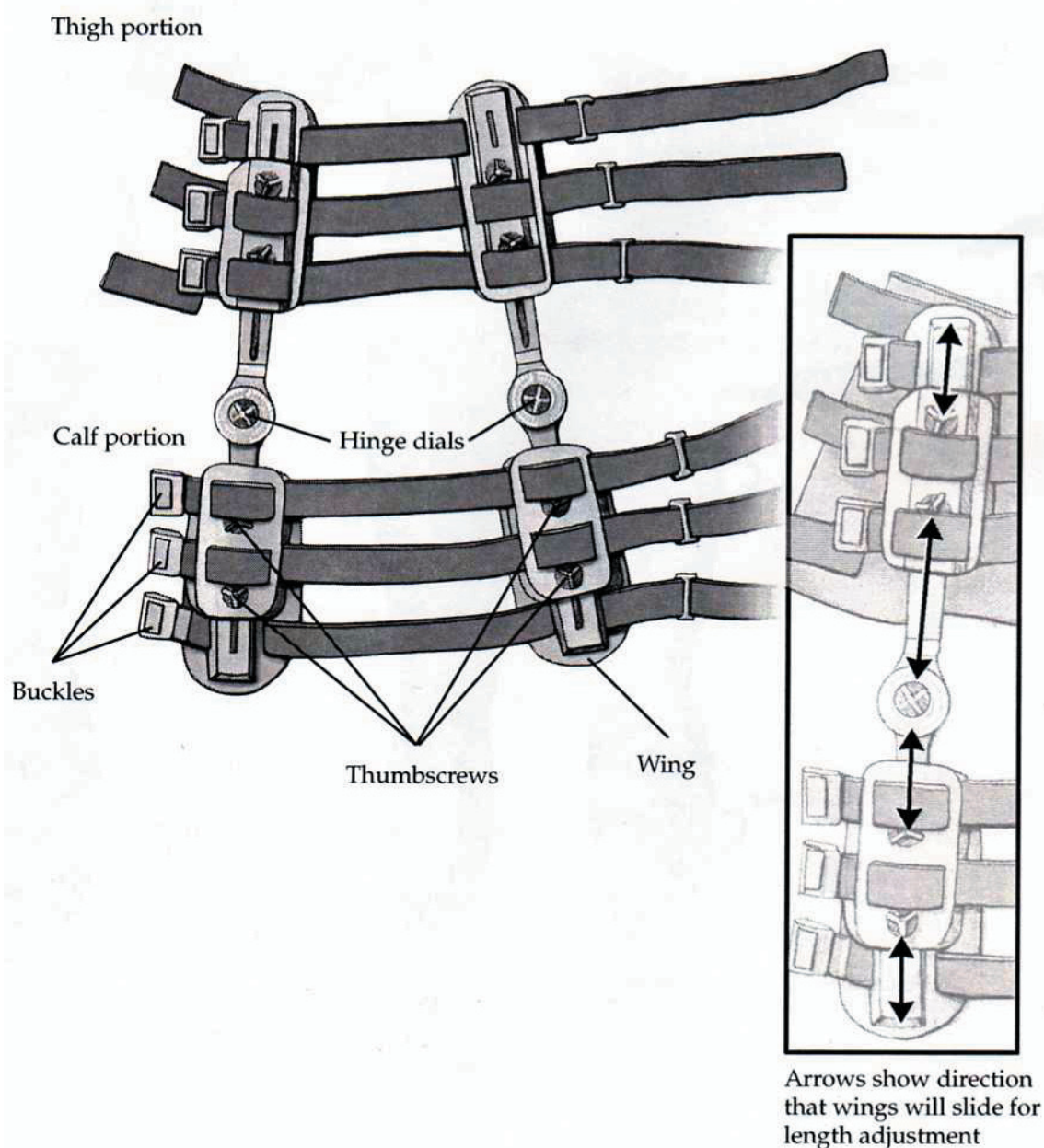


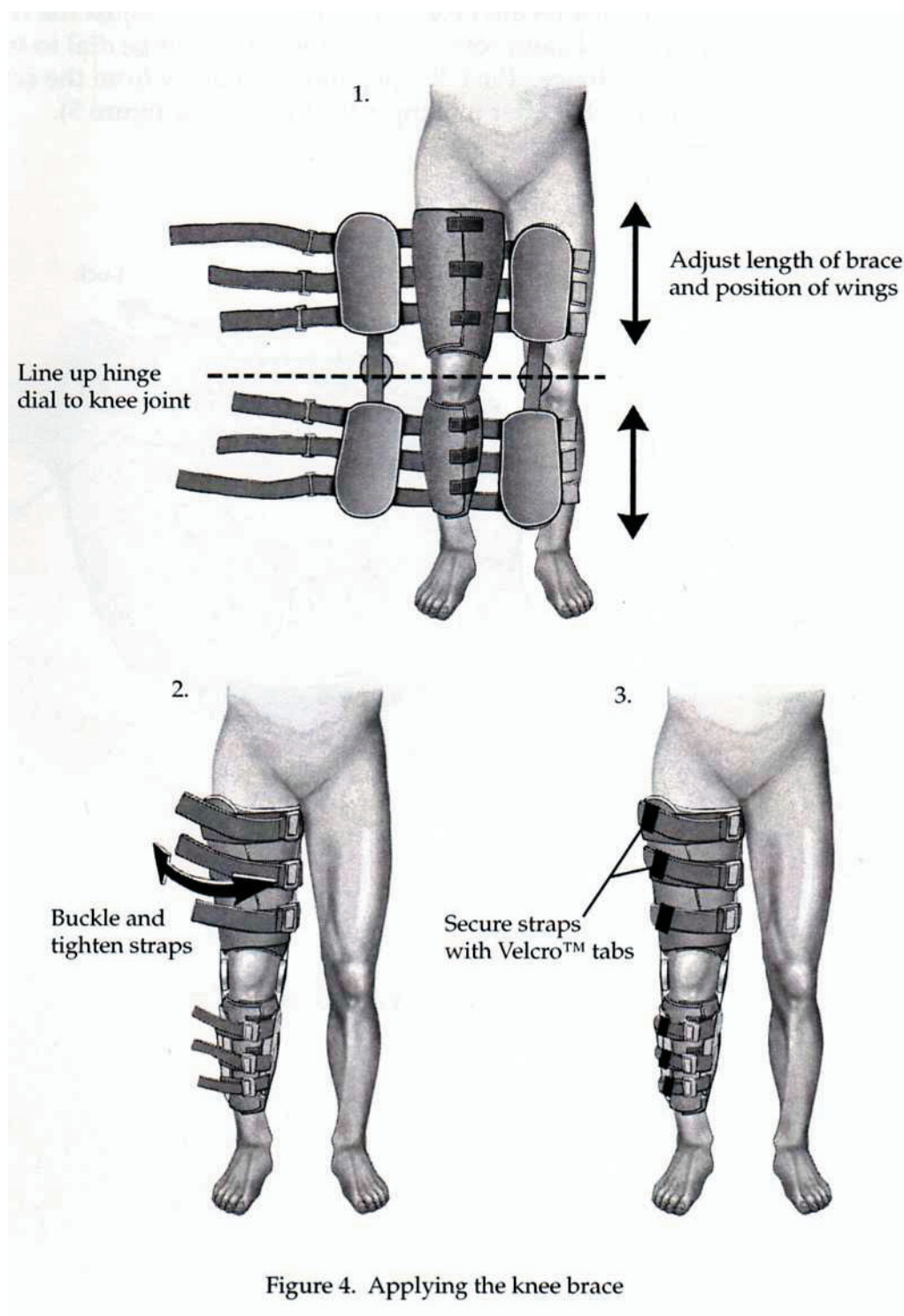
Figure 3. Adjusting the knee brace



Applying the Knee Brace

Follow these steps to apply your knee brace:

1. Line up the hinge dial with your knee joint.
2. Buckle and tighten the straps
3. Secure the straps with the Velcro™ tabs (see figure 4).



Hinge Dial

Dr Herald will preset the hinge dial on your knee brace before you leave the hospital. **DO NOT** adjust the knee brace hinge dial without first checking with him first.

If Dr Herald instructs you to adjust the hinge dial, push the peg indicator toward the center of the hinge dial to unlock it. Extend the knee brace. Push the peg indicator away from the center of the hinge dial to lock it after making adjustments (see figure 5).

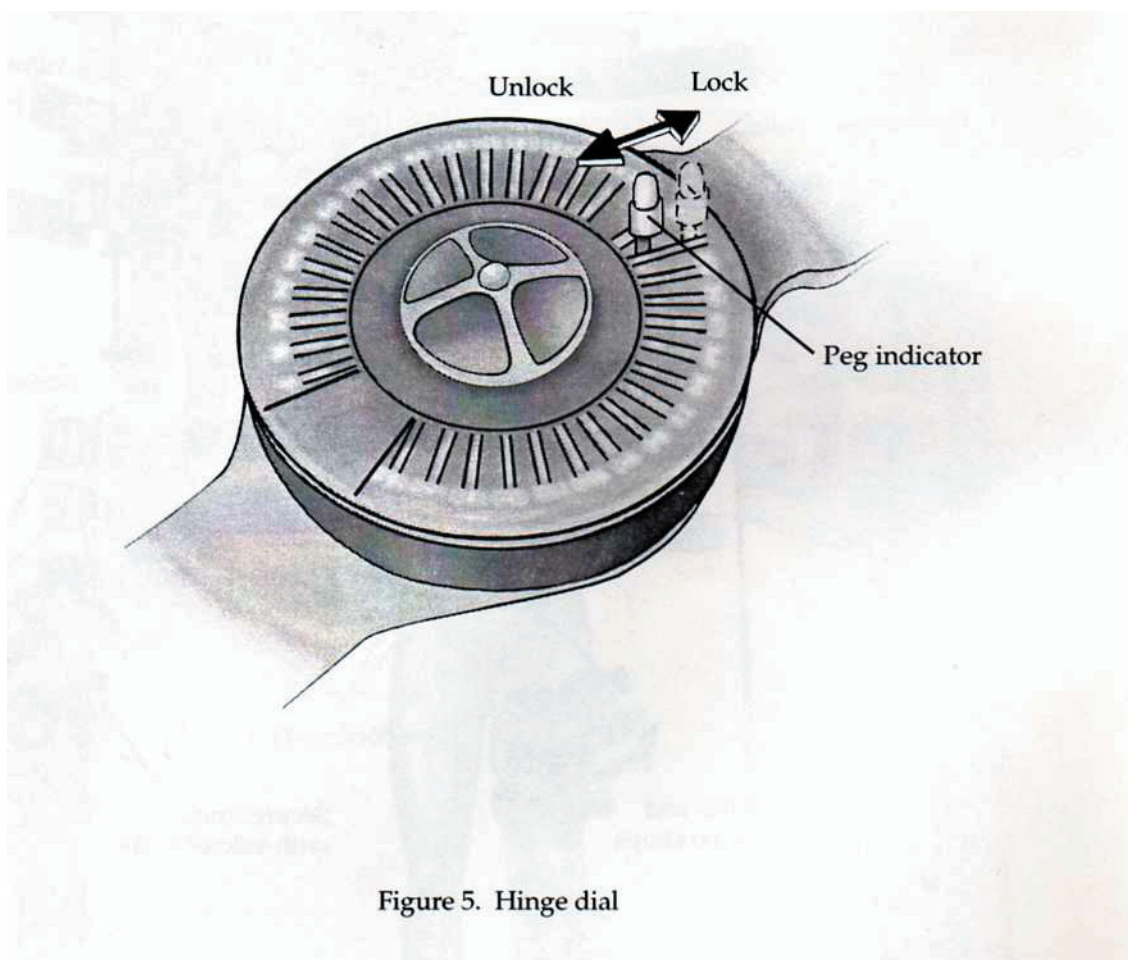


Figure 5. Hinge dial

Cleaning Your Brace Liners

Hand wash your knee brace liners in cold water with mild detergent when they become soiled. Air-dry your knee brace liners only. **DO NOT** dry your knee brace liners with heat from a hair dryer or clothes dryer.

When to Contact Dr Herald

Contact Dr Herald if you experience any of the following:

- Increase numbness, tingling or swelling of the affected leg
- Increased leg pain
- Difficulty applying your knee brace

If you have additional questions about the Rehab III (Donjoy™) knee brace or about this information, please contact Dr Jonathan Herald on 02 9233 3946.