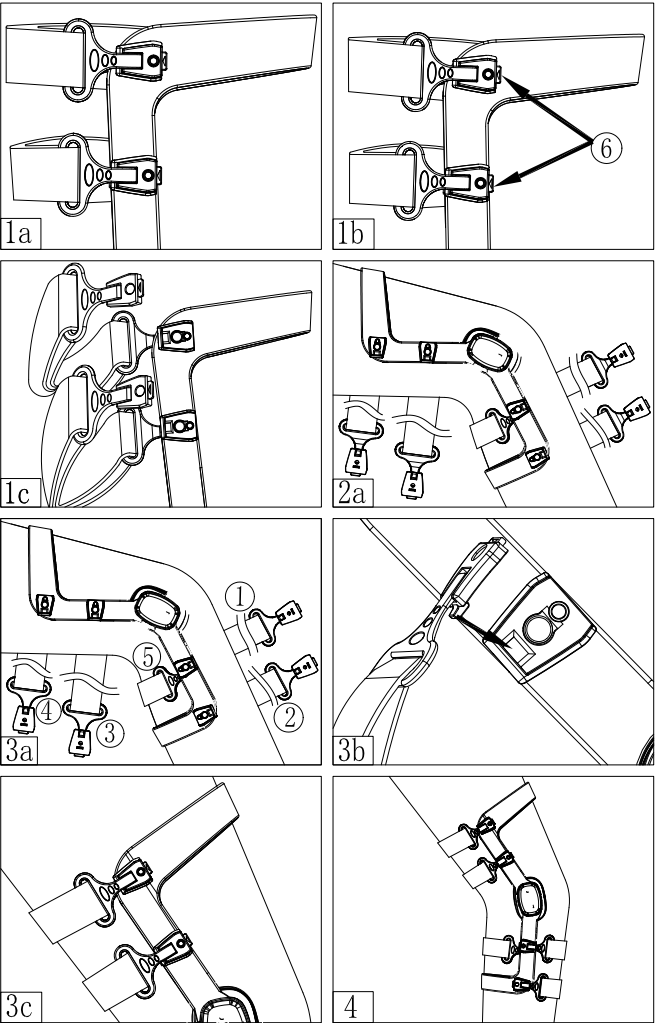


Simple Medical(Shenzhen)Limited Instruction For Use

SIMPLE Dual Upright Knee Brace H1

Model: 11003& 11004 Size: S, M, L, XL



Product Structure and Performance

The product is mainly composed of aluminum frame, plastic fittings, straps, liners and fit tings. The product has a streamlined lightweight design with support and a comfortable non-slip liner. The knee and thigh/calf are properly protected with a brace to help relieve pressure points. The special contour design provides smooth mobility for the legs, improves the protection of the ligaments, and the patented fast closure system can be applied quickly. The product is suitable for multiple uses and can effectively ensure good recovery of the patient.

Indications:

- Stabilization of ACL, MCL, PCL, LCL or treatment of combined ligament instabilities
- Pre and post-surgical use
- Conservative treatment of ligament damage or deficiency
- Prophylactic bracing for athletic activities.

Application instructions

STEP 1. Loosen the fastening belt and press and hold button 6 to remove the buckle from the base in turn (figure 1a~1c).

STEP 2. Sit with your legs in the brace, knees slightly bent, center of hinge aligned with center of the knee (Fig 2a).

STEP 3. Tighten the straps When fastening the straps; the hinge should be kept in a supporting state to prevent movement. Click the buckles in place to ensure that the position of the straps is tight(Fig 3a~3c).The sequence of fixed straps is as follows:

Strap#1: Attach the upper calf position

Strap#2: Attach the lower leg.

Strap#3: Attach the lower leg of the thigh.

Strap#4: Tie the upper thighs, but not too tight. Excessive tightening may limit circulation or cause the frame to move downward.

Strap#5: Fasten the back strap and tighten it.

STEP 4. Adjust the tightness of each strap for comfort.

NOTICE: From the side, the hinge should be slightly behind the midline of the knee. The strap #1, #3 and #5 will affect the tightness of the whole product. In order to ensure good movement, it is normal for the brace to drop during walking. Adjust the position of the straps and bracing if necessary. After the setting is completed, the braces can be taken off by buckles without relaxing and tightening each fixed strap. (Fig 4).

"Wearing time" :

Gradually increase the wearing time of the brace and adjust the wearing time of the brace if the body allows.

Preoperative wearing time: The first wearing time starts from 30 minutes and gradually increases to no less than 2 hours per day according to the degree of body adaptation

Postoperative wearing: The standard of wearing should be determined by the doctor, including the angle of flexion and extension and the time of wearing every day.

The pain caused by osteoarthritis takes time to subside. Wearing a brace regularly for weight-bearing activities (such as walking) will start to feel lighter as it will reduce joint load. This may require wearing it for weeks or more to reduce joint load until your primary care physician allows you to remove the brace.

Range of Motion Adjustments

Start from the standard 0°.Additional flexion and extension angle accessories can be installed and they shall be fitted by the doctor as required. Optional extension angles include 5°, 10°, 15°, 20°, and 25°; Optional flexion angles include 30°, 45°, 60°, 75°, and 90°.

***Please purchase and use the product under the guidance of your doctor or professional.**

IMPORTANT: Both hinges must be set to the same extension and/or flexion settings. For 0° extension limiting, 0° extension stops must be used.

Strap length adjustment

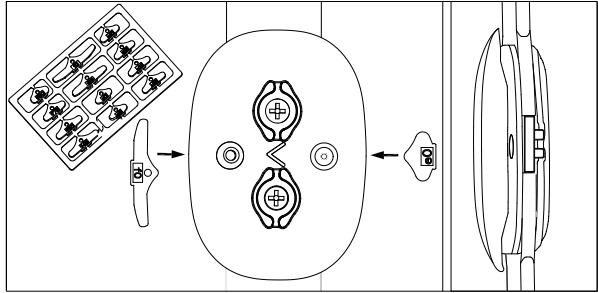
To determine the required length, open the strap pad, open the end of the binding strap, separate the velcro and the binding strap, cut to the required length, and then attach the strap pad to the end of the binding strap.

TO CHANGE AN EXTENSION STOP:

Unscrew from the front of the hinge cap. Shake out the extension stop. Insert another extension stop into the front of the hinge and replace the screw. Repeat for the opposite hinge.

TO INSERT A FLEXION STOP:

Insert a flexion stop into the back of the hinge and use the extra screw that is attached to the flexion/extension stop tree to secure. Repeat for the opposite hinge.



CARE AND MAINTENANCE

Liners can use neutral detergent and 30 °C water washed by hand, and natural dry. Do not use clothes dryer or other heat sources for drying. Metal parts should not be washed with water. Hinges can be lubricated with dry silicone spray

WARNINGS:

If you experience pain, swelling, sensory changes, or discomfort with this product, please contact your doctor.

For Single Patient Use Only

Basic product environment

- 1) Ambient temperature: -15 ~ 60 °C
- 2) Relative humidity:≤ 80%

Product materials

- 1)Metal support: aluminum alloy/stainless steel
- 2) Buckle: ABS/ polyester thermoplastic elastomer
- 3) Angle adjustment accessories: nylon + glass fiber
- 4) Strap/pad: nylon/polyurethane/polyester /EVA/ Velcro

Contraindication

- ⚠ Use with caution for unstable fractures;
- ⚠ Use with caution in osteoporosis;
- ⚠ Use with caution for cognitive impairment;;
- ⚠ Use with caution for bony ankylosis;

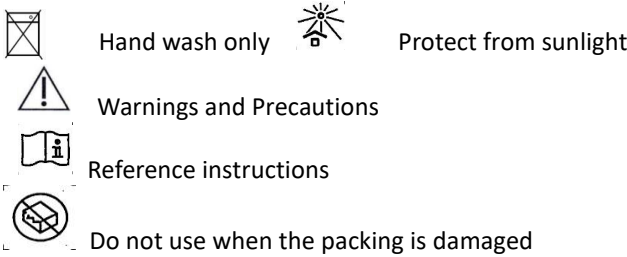
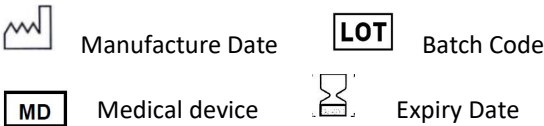
Storage, transportation and expiry date of products

- 1) Term of validity: 5 years.
- 2) Storage of the product: please put it in a dry and clean room before use to ensure indoor ventilation.
- 3) Transportation: the product shall be dustproof, moisture proof, and pollution proof during storage and transportation.

Waste disposal

Disposal of wrapping paper (bags): please dispose the packaging of this product according to the local laws.

Symbol and picture description



Accessories list

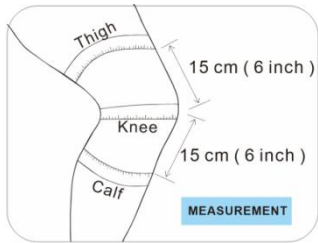
Instructions ----- 1 copy

Angle adjusting accessories ----2 PCS (sets)

Knee pad ---- - 2 PCS (sets)

Selection

Item	REF. 11003 (Left)		REF. 11004 (Right)
Size	S, M, L, XL		
Colour	Grey		
Size	Thigh	Knee	Calf
S	15.5-18.5" (39-47cm)	13-14" (33-35.5cm)	12-14" (30.5-35.5cm)
M	18.5-21" (47-53.25cm)	14-15" (35.5 -38cm)	14-16" (35.5-40.5cm)
L	21-23.5" (53.25-59.5cm)	15-17" (38-43 cm)	16-18" (40.5-47cm)
XL	23.5-26.5" (59.5-67.25cm)	17-19" (43-48.25 cm)	18-20" (47-50.75 cm)



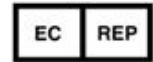
Warranty

Simple Medical (Shenzhen) Limited warrants to the user who originally purchases this product that it is free from defects in material and workmanship. The sole obligation of Simple Medical (Shenzhen) Limited in the event of breach of warranty shall be to repair or replace the defective product or part(s).



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***Please refer to the Instructions before usage.**



11003&4 V0.2