



## THE DUAL OA RELIEVER

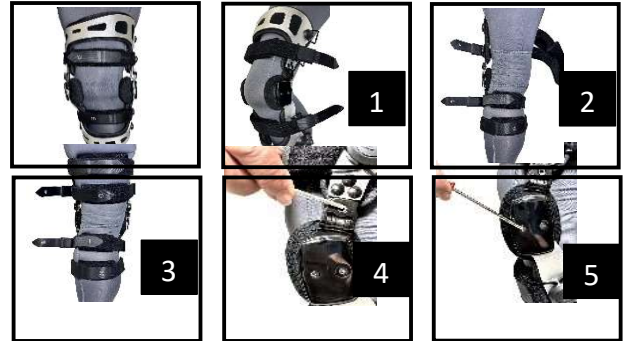
The Dual OA Reliever provides added stabilization for knee strains, sprains and small tears. Helps to relieve pain associated with ligament injuries of the ACL, PCL, MCL, LCL, and mild to moderate arthritis.

### PREPARATION

Remove the closure straps labeled 1 through 4 on the back side of the brace; loosen straps 5 and 6 on the front side. Locate the locking strap guides on the framework of the brace. Leave the locking strap guides in the upright position during the fit. This will allow maximum leverage when securing the straps.

### APPLICATION

1. **Apply the knee brace while seated** with the knee joint flexion at 80 - 90 degrees, and the knee cap centered between the two Condylar Pads.
2. With the brace secure, first **apply strap #1** located behind the upper calf with moderate tension. This strap will act as an anchor to eliminate any potential slippage of the brace. Notice the anti-slip pads as well, located in the inside surface of the straps. These pads can be easily adjusted for maximum comfort.
3. Repeat the process by securing **strap #2** behind the lower calf with moderate tension. Proceed to **strap #3** behind the lower thigh and finish with **strap #4** behind the upper calf. Keep in mind straps #3 and #4 only need mild tension to prevent a tourniquet effect. Finish by securing **strap #5** front upper calf and strap #6 front lower thigh. A quick range of motion test (flex knee up and down) and the fit is partially complete.
4. **Unloading Adjustment.** The Dual OA Reliever is designed to add force to a specific area. Locate the recommended tool (Hex wrench), for this adjustment. Identify the adjustment screw on each side of the brace. It is right above the hinge mechanism. With the recommended tool provide 1 to 2 complete turns until you feel relief. The screw driver is utilized to remove the screws from the hinge cap.
5. Another feature of The Dual OA Reliever is to lock the knee at a particular **RANGE OF MOTION**. Using the recommended tool (screw driver), remove the screws and the hinge cap. Select the desired range of motion spacer(s) and then place them into position. Add the hinge cap back on, apply the screws and tighten. A quick range of motion test and the fit is complete.



### CLEANING INSTRUCTIONS

Hand wash using cold water and mild detergent. Air dry. Do not dry clean, iron, or bleach any part of this brace, as it could cause damage and void the manufacturer's warranty.

**NOTICE:** While wearing The Dual OA Reliever there is no guarantee that injury will be prevented through the use of this device.

### CAUTION

The application instructions listed above are intended for the use of qualified professionals only. It is not recommended for patients to attempt to apply or adjust this device unless otherwise instructed to do so by an orthopedic professional. Any questions regarding further adjustment or frequency duration of wear should be directed to your orthopedic professional, as they know the individual condition for which this device was prescribed.

**Item#: KB0104-147X-XX**

SIZE	THIGH CIRCUMFERENCE	CALF CIRCUMFERENCE
SMALL	15 ½"-18 ½" 39-47cm	11 ½"-14 ½" 29-37cm
MEDIUM	18 ½"-21" 47-53.5cm	14 ½"-17" 27-43cm
LARGE	21"-23 ½" 53.5-60cm	17"-19 1/3" 43-50cm
X-LARGE	23 ½"-26 ½" 60-67cm	19 1/3"-22 1/2" 50-57cm
XX-LARGE	26 ½" - 29 ½"	22 ½" 25 ½"
LARGE	67-74 cm	57-64cm

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DRMedSupplies.com (Video instructions available)