

## Neoprene Hinged Knee Support

### Indications

- Knee instability after medial/lateral ligament injury
- Pain due to cartilage damage
- rehabilitation after ligament surgery

### Precautions

- If unusual swelling, skin discoloration or discomfort occurs, use should be discontinued and a healthcare professional consulted.
- Be careful that the support is not so tight that it interferes with circulation.
- Ensure appropriate wound care procedures are undertaken prior to application over open wounds or infected areas

### Application

To determine the right size, measure thigh circumference 15 cm above mid patella.

1. Unfasten and release the straps
2. Pull the neoprene sleeve on the leg
3. Position kneecap in the opening, in the centre of the support.  
Ensure that the ring fits around the patella properly
4. Hinges should be positioned parallel
5. To ensure and maintain a correct brace position, tighten and close the straps. Apply moderate tension.

### Care & Cleaning

Remove the hinges from the pockets. Fasten closures and machine-wash at 30°C or hand-wash with lukewarm water and mild soap. Rinse thoroughly. Do not wring. Dry at room temperature and be sure the neoprene is completely dry before re-applying it.

This product was designed to complement the variety of medical treatments common to the above indications.

You may choose to seek advice of your healthcare professional on frequency and duration of use.