

# Comfortland

## Hinged Knee Brace

BEFORE USING THIS DEVICE, PLEASE READ THE FOLLOWING INSTRUCTIONS COMPLETELY AND CAREFULLY. CORRECT APPLICATION IS VITAL TO THE PROPER FUNCTIONING OF THIS DEVICE.

### INDICATIONS

The Comfortland hinged knee brace provides stability and support for chronic knee pains and instability. Effective in treating mild injuries of the collateral ligaments, menisci, and patellar retinaculum.

### 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.

### CLEANING INSTRUCTIONS

Remove hinges from brace and hand wash in cold water with mild detergent. Allow all parts to air dry before re-assembly. 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 every effort has been made to obtain maximum strength, function, and durability, there is no guarantee that injury will be prevented through the use of this device.

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## PREPARATION

1) Remove each ROM hinge from their sheaths and set the desired level of flexion/extension by placing the hinge pins in the appropriate degree positions (Fig. A). Make sure that the flexion/extension settings are the same for each hinge, as failure to do so could result in poor performance from the brace.



## APPLICATION

1. Place the brace around the knee so that the hinges line up with the center of the knee cap on both sides of the leg, and secure the top closure tab (Fig. B).



2. Secure the bottom closure using the Velcro tab provided (Fig. C). Make sure the hinges still align with the knee, and the brace fits snug so that little movement is experienced.



3. Feed the top closure strap through the corresponding D-Ring and tighten to secure a snug fit (Fig. D).



4. Feed the bottom closure strap through the corresponding D-ring and secure. Tighten and re-adjust as needed (Fig. E).

