

## HELPFUL HINTS

- » Always sit on a stable firm chair or bench (no beds or sofas), sit near the edge. This allows the brace to be placed HIGHER on the leg.
- » When applying the brace, position the brace by holding the hinges.
- » Never over-tighten the top straps on thigh (strap #2 and #3); this will push the brace down the leg! The lower calf straps secure the brace in place.
- » Apply brace directly to skin, not over pants. Undergarment sleeve is OK to be worn under the brace.

## CARING FOR YOUR BRACE

1. To clean the liners, straps and pads:
  - A) Remove from brace.
  - B) Hand wash with water or MILD detergent.
  - C) Rinse well with cold water.
  - D) Let it air dry.
  - E) Clean & dry liners will result in less skin irritations.
2. Additional Liners, Strap Pads and Straps can be ordered through [www.BetterBraces.com](http://www.BetterBraces.com) or 800-336-6569.
3. To clean the brace frame and hinges, wipe with a damp cloth.
4. Oiling the hinges is not necessary. If the hinges become difficult to move or do not function normally, they may need to be repaired. This is a covered warranty issue within the specified time frame.
5. Chipping paint is normal with heavy use. Deep gouges or cracks need to be repaired. Please call your DonJoy representative to have it inspected, it may be a covered warranty issue.

## FREQUENTLY ASKED QUESTIONS

- Q: What if I still cannot get the brace to fit properly?  
 A: Call your DonJoy sales rep and he/she will set up a time to see you again.
- Q: Can I get my brace wet?  
 A: YES, it will not rust the hinges or ruin the brace. Be sure to rinse and air dry the straps and liners.
- Q: A strap broke off, what do I do?  
 A: Call your DonJoy sales rep; it can easily be fixed.
- Q: How long should I wear the brace?  
 A: It varies from patient to patient, be sure to ask your prescribing physician.

## WARRANTY

- Custom Defiance ACL / OA:
- » Frame/Hinges: ..... Lifetime
  - » Pads, Straps, Liners: .....6 months
  - » Re-Measure: .....4 months (1st time FREE, additional re-fits at a charge)
- Patient Ready ACL / OA:
- » Frame/Hinges:..... 1 year
  - » Pads, Straps, Liners:.....6 months



1430 Decision Street, Vista, CA 92081-8553 U.S.A.  
 Phone: 760.727.1280 • Toll Free: 800.336.6569  
 Product Specialist: 888.405.3251 • [www.donjoy.com](http://www.donjoy.com)

DJO proudly sponsors:

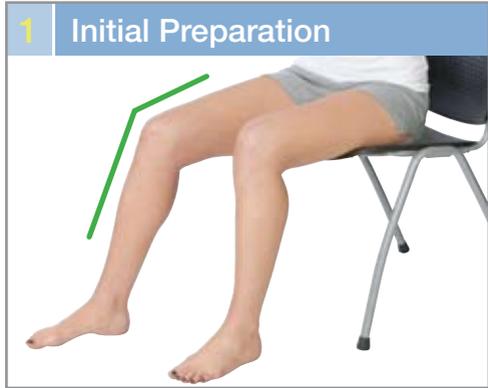


© 2009 DJO, LLC

PN 00-0860 A

DONJOY ACL & OA FITTING INSTRUCTIONS





- 1 Initial Preparation**
- Sit on the edge of a firm, stable chair.
  - Knee slightly bent (45°) and foot flat on the floor.

- 2 Brace & Hinge Placement**
- With straps undone, step through the brace.
  - Center the hinges 1 inch above the TOP of knee cap. (Fig 2A)
  - Push hinges slightly BACK behind the midline of the knee. (Fig 2B)

- 3 Anti-Migration Band**
- Secure Anti-Migration Calf Band around leg, snug fit. The Band should be in FULL contact with leg and not wrap outside of the brace.
  - Do not secure outer strap #4 until Step 5.

- 4 Securing Straps #1 & #2**
- Secure the bottom calf strap #1, snug fit. (Fig 4A)
  - Secure top thigh strap #2. If too snug, this may cause the brace to slide down. (Fig 4B)
  - Again, push hinges slightly BACK behind the midline of the knee.



- 5 Securing Straps #3 & #4**
- Secure lower thigh strap #3, snug fit. (Fig 5A)
  - Secure upper front calf strap #4, very snug; critical for ACL patients. (Fig 5B)

- 6 Securing Strap #5**
- Secure back calf strap #5, comfortable fit.
  - After initial fit, you do not have to undo this strap; it will keep the anti-migration band in place.

- 7 Check Fit & Re-Tighten**
- Brace should fit snug to the leg. OA patients should feel slight push on one side of the knee.

**ACCESSORIES**

- » Lycra Undergarment
- » Neoprene Strap Kit
- » Neoprene Undergarment
- » Sports Cover



- Proper Hinge Placement**
- » Hinges are at midline
  - » Pads make full contact w/ leg
  - » Loosen all straps
  - » Push hinges back, raising slightly up
  - » Re-tighten all straps



- Proper Alignment**
- » Hinges are slightly higher than knee cap
  - » Pads make full contact w/ leg
  - » Loosen all straps
  - » Raise hinges up leg
  - » Re-tighten all straps



- Proper Fit**
- » No major gapping
  - » Pads make full contact w/ leg
  - » Add extra condyle pads
  - » Call your DonJoy rep to discuss a possible re-fit (See warranty)