

## Dual Hinge Knee Brace

The **ISO Preferred Dual Hinge Knee Brace** reduces the time it takes to heal discomfort from injuries or post-surgery. Please follow your orthopedic professional's instructions explicitly and adjust or discontinue use only as directed to achieve maximum benefit for your concerns.



ISO Preferred Dual Hinge Knee Brace (KN33x) is intended to provide support for mild to moderate instabilities of the knee joint, Mild to moderate strain of the collateral ligaments, Meniscus injuries, Chronic inflammation after operation or trauma, Loose body of the knee, Disruption of anterior cruciate ligament, Sprains and strains of the knee, Chondromalacia of the patella, and Chondromalacia.

1. Disengage all straps attached to the main body part of the brace. Open both of the attachments that are located on the front of the knee brace.
2. Position the knee brace behind your knee (**2a**), while your leg is fully straightened. Bring both sides of the brace up and over your leg, making sure that your knee joint is positioned such that both circular paddings on the inside of the brace are equally centered on both sides of your joint. Close the fastener tabs (**2b**), starting with the upper tab first, so that your knee cap is now centered in the circular opening of the brace. Be sure not to pull these tabs too tightly, as it is important for you to have adequate blood flow and movement in the leg.
3. Once your knee brace is properly aligned to your knee joint, thread the upper fastener strap around your leg and through the plastic slot on the other side. Pull to tighten while leg is still fully straightened.
4. Once your knee brace is properly aligned to your knee joint, thread the bottom fastener strap around your leg and through the plastic slot on the other side. Pull to tighten while leg is still fully straightened.
5. Bend your leg and make sure you have good mobility and that the brace is comfortable. If you feel the brace is too loose or tight in any location, readjust the tightness of the outer straps first. **DO NOT OVERTIGHTEN.**



## INTRODUCTION

Your **ISO Preferred Dual Hinge Knee Brace (KN33x)** is designed to provide your body with the support and stability that it needs to successfully manage or eliminate your mobility concerns. It is critical that you follow your orthopedic professional’s directions closely to ensure that the apparatus is worn properly and in the manner that will be most beneficial in addressing your issues. For correct application, please read the enclosed instructions and watch the on-line instructional video (if available) at [www.ISOpreferred.com](http://www.ISOpreferred.com) so that this device can provide you with superior long-term usability and care.

## USAGE RECOMMENDATIONS

It is vital that you read the included instructions and when applicable watch the instructional video for the **ISO Preferred Dual Hinge Knee Brace (KN33x)**. The brace is intended for use by qualified professionals only. It is not recommended for patients to fit or apply or adjust their new brace without an orthopedic professional’s expertise, unless otherwise instructed. Further questions regarding adjustments or changes, frequency of use, and/or duration of use should be presented to your orthopedic professional, as they are familiar with the specific needs and conditions, for which this device was prescribed.

## CARE AND CLEANING INSTRUCTIONS

Please do not place your brace in the washing machine or dryer at any time. When preparing to clean your **ISO Preferred Dual Hinge Knee Brace (KN33x)** you will want to separate the parts where applicable and care for them individually.

- Do not dry clean, iron, bleach, or use an abrasive cleaning instrument on any part of the brace. Failure to follow these instructions may damage your brace and void the manufacturer’s warranty and it may no longer work properly.
- Remove hinges from brace before washing.
- Hand wash each section in cold water with a mild detergent. Lay flat to air dry.
- Allow all parts to air dry prior to reassembling the device.

## CAUTION

The **ISO Preferred Dual Hinge Knee Brace (KN33x)** is for single patient use only. 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, especially if the instructions are not followed correctly. **DO NOT OVERTIGHTEN.**

SKU	SIZE	CIRCUMFERENCE	
ISO-KN330	Small	Above the Knee 15.5-18.5"	Below the Knee 11.4-14.5"
ISO-KN331	Medium	Above the Knee 18.5-21"	Below the Knee 14.5-17"
ISO-KN332	Large	Above the Knee 21-23.5"	Below the Knee 17-19.5"
ISO-KN333	X-Large	Above the Knee 23.5-26.5"	Below the Knee 19.5-22.5"

