

# OAK ORTHOSIS PATIENT INSTRUCTIONS

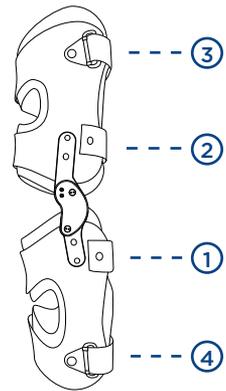
from Fillauer LLC

## DONNING

- Unfasten all straps and fully extend the knee orthosis.
- In the seated position, flex knee slightly (approximately 30°), slide brace onto limb so that upper portion of knee joint aligns with kneecap level. This will adequately place the functional knee joint center with the anatomic knee center.

## STRAPPING

- With the knee orthosis on the limb, fasten the upper calf strap. The strap should be snug, but not cause discomfort.
- Repeat the procedure moving up the orthosis and fasten the two thigh straps. Once the thigh straps are in place, fasten the lower calf strap.
- After 15 minutes of activity the straps may need to be readjusted. This is normal due to the soft tissue of the limb accommodating to the forces applied by the orthosis.
- To remove the orthosis simply unfasten the straps and remove the brace from the limb.



## CLEANING AND MAINTENANCE

- Regular cleaning of the straps and orthosis lining is required. Frequency of cleaning is dependent on activity level and individual body types.
- Straps and lining are hand washable in cold water with mild detergent. Rinse straps and lining thoroughly after washing then air dry.
- The OAK Joint is self lubricating and does not require additional lubricants to maintain normal operation.

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