

This guide is intended to provide general information and fitting instructions you should follow until you remember the procedure for properly putting on and taking off your Active Reliever. During the initial fitting of your brace, the medical professional may have made adjustments to your brace to optimize the fit and function.

This brace is routinely prescribed for clinical conditions that result from an injury, a surgery, or the progressive degeneration of your knee. The Active Reliever is a type of brace that comfortably applies corrective forces to the leg. This three-point pressure can reduce compressive load on the damaged side of your knee and help maintain a more proper and healthy alignment of your leg when you walk, jog or run. The specific activities you perform while wearing the brace should be determined in consultation with the physician who prescribed the brace.

**The Active Reliever is designed to allow you to be more active with less pain. By reducing the loading forces on your knee when you are weight bearing (standing, walking, running), the brace can produce positive benefits that include:**

1. Less pain during activity and/or less pain, stiffness and swelling in the morning and evening.
2. Increased activity can improve your overall health and help with weight control or weight loss.
3. Reducing load on the damaged side of your knee to slow down the progression of the degeneration of your knee joint or to allow for healing after a surgery.

## Caution & Disclaimers

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The Active Reliever is a medical device that is routinely prescribed by a physician and fit by a medical professional who can provide initial instructions and ongoing support. Specific instructions about the safe use of this product for general lifestyle activities should be provided by the physician or other medical professional. If you have sensitive skin, peripheral vascular disease, circulatory issues or a prior history of neuropathy should discuss these issues with the physician or fitter before wearing the brace, you should IMMEDIATELY DISCONTINUE USE of this brace if there is any abnormal redness that lasts more than 10 minutes after removing the brace, or any skin irritation, bruising, blistering or abrasion. Also, if you experience any numbness, tingling or other indication of a loss of circulation to your leg or foot, IMMEDIATELY DISCONTINUE USE and contact the medical professional you fit the brace.

While this brace is intended to reduce symptoms of Osteoarthritis and provide mechanical support and off-loading of an injured or surgically repaired knee, actual patient results can vary. Proper fitting, application and use of the product is necessary. Because Townsend Design has no role in patient selection, fitting or instructing the patient, or supervising their care, the company cannot guarantee that every patient will experience the same benefits.

## Care Instructions & Warranty

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To Clean: Hand wash with mild soap or detergent and let air dry. DO NOT wash or dry in a machine. Check the hinge screws for tightness and retighten if needed. Lubricate the hinges with a dry lubricant as needed, especially after exposure to dirt or salt water. Always rinse the brace thoroughly with fresh water after exposure to salt water. Routine exposure to ocean water is not recommended due to damage it can cause to the sleeve and hinge. Straps, Velcro "Y" tab closures, buckles and the sleeve are all replaceable items. These components, and the entire brace, are covered by a replacement and/or repair warranty for one year after purchase so long as the patient has properly maintained the brace, made no abnormal alterations, and used the product for routine activities of daily living.

## Fitting Instructions

1. Loosen all straps by removing the strapping from the rectangular chafe at the end of each buckle. Open the upper thigh portion.



2. Slide the brace up the affected leg until the knee cap is centered in the patella opening of the brace.



3. With the knee fully extended, use the finger holes to pull together and secure the thigh section of the brace.



4. Insert the two lower straps through the rectangular opening at the end of each buckle. Tighten the strap and use the Velcro "Y" tab to secure the strap.



5. Follow the same procedure to tighten the thigh strap, inserting it through the end of the top buckle and adhering the Velcro "Y" tab to the strap.



6. With the knee flexed between 60-90 degrees, tighten the Corrective Force Strap. This strap begins at the top of the brace and extends down across the thigh and around the side and back of the knee inserting into the buckle just below the hinge. Tension the strap to provide corrective force.

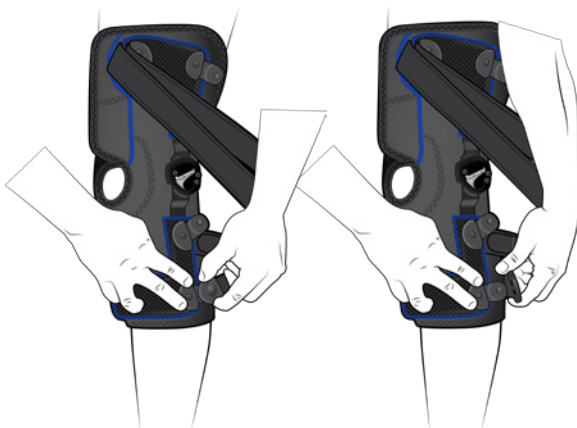


NOTE: Strap length is routinely adjusted by the medical profession who provides the brace. If, however, any strap is too long, the Velcro "Y" tab at the end of the strap can be removed and scissors can be used to shorten the strap. After the initial fitting and strap length adjustment, the brace can be secured and taken off the leg using the quick release buckles.



Velcro "Y" Tab

## Removal Instructions



1. With the knee flexed, release the Corrective Force Strap by using the quick release buckle.
2. Use the quick release buckles to detach the other three straps.
3. Open the thigh section and slide the brace down leg.
4. Reattach the buckles before storing the brace.