

Donning and Adjusting the K2 Hound Dog Adjustable Knee Extension Brace

To don the brace

1. Lay the wearer down



... supine (not semi-sitting, hip not flexed).

- ➔ Foam cuffs do not slide well on bare skin. For comfort, wear soft-fabric long pants (sweatpants, etc.).

2. Close the thigh and calf cuffs.



- To keep the cuff straps out of the way, open and hook each one to itself.
- Open the cuffs and put the leg into them. Pull the pants smooth.
- Fold the cuffs over the leg. To avoid the patient's **knee crease**, center the knee between the two cuffs. The white tray should not touch the leg.
- Run each strap through its D-ring and secure it over the cuff.

3. Close the knee straps.



- Bring each strap down from the knee through the D-rings on the tray and hook the Velcro.
- Pull the straps only as tight as the wearer can tolerate.
- Equalize tension on all 4 straps.

4. Fine-tune cuff pressure.



- Make the thigh and calf cuffs snug but not tight.

Tips

- **Establish wearing time first; then improve position by tightening the knee straps.**
- For consistent positioning and to track progress, mark the knee straps where they fold through the D-rings.
- Clean the brace with a sponge, mild soap and warm water. Towel dry, then let air-dry for a few hours.
- The HoundDog comes adjusted to the measurements you specified. To adjust for growth, see reverse.

To adjust for leg length

1. Unscrew the 5 hex screws

... using the Allen wrench.



2. Lay out the K2

... next to the patient's leg, tray side down.



3. Move the tray arms

... to the longest position that comfortably matches the wearer's current knee contracture.



- To keep the cuffs out of the knee crease, move the thigh cuff as close as possible to hip and the calf cuff as close as possible to ankle without restricting hip or ankle.
- While checking fit, secure one screw to hold the tray in place.
- The tray should not touch the patient's leg.

4. Tighten the screws

... through both sections of the tray.



- For the two long screws that secure the knee straps, choose tray holes that bring the straps straight down as vertically as possible from the knee pad.

