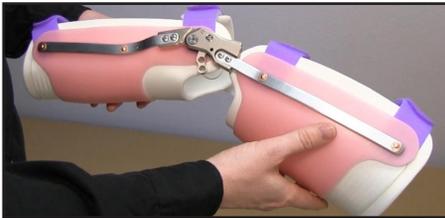


Using the K3 Knee Brace

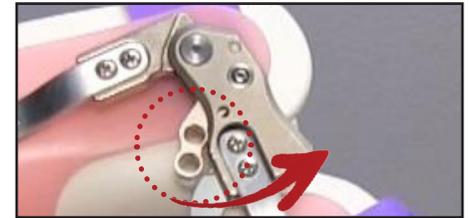
- The K3 Knee Brace is intended to be worn when resting to help gain knee extension range.
- It can also be used for standing and other physical therapy applications.
- It is not intended for ambulation.
- It's designed to be worn over pants, leggings, tights, etc. (not directly against the skin).



This side of the brace, with the metal uprights and hinge, is worn on the outside of the leg.



hinge locked



hinge unlocked

The hinge has two positions – locked (left) and unlocked (right). The locked position engages the ratchet, which you'll use to increase or decrease extension. In the unlocked position, the brace moves freely.

Donning the brace

1. Open all the straps, rotating them downward and out of the way. (Figure A)



Figure A

2. **Unlock the metal hinge with your thumb, being careful not to pinch fingers.** With both the brace and the leg fully flexed, slide the leg into the brace. (Figures B and C)



Figure B



Figure C

Turn Over →

Using K3 Knee continued

Attaching the straps

1. Align the knee center of the brace with the knee center of the leg.
2. Attach the knee strap first. Place the knee pad directly against the knee, pull the outside strap snugly across, then pull the final strap across to sandwich all the straps together. It's important for the knee pad and straps to engage snugly to hold the leg in extension properly.
3. Attach the lower thigh strap.
4. Attach the top thigh strap.
5. Attach the lower calf strap last.
6. Once all the straps are closed, and the leg settles in, check for any straps that need adjusting. All the straps need to fit snugly.



Extending the brace

1. Push the lock to the left with your thumb to engage the ratcheting mechanism.
2. Once the hinge is engaged, slowly and carefully begin to extend the leg.
3. Don't force the leg into extension. Stop once the leg has reached a comfortable angle of extension.
4. Wait 15 minutes, then go back and try to stretch with one more click of the hinge. Again, avoid causing any pain or discomfort.
5. Do not extend to the extreme range of the brace, as a bit more extension will be needed to unlock the hinge.
6. If extension becomes uncomfortable, unlock the metal hinge with your thumb, flex the leg, and start over. Always be mindful of comfort and don't rush stretching.

Removing the brace

1. Unlock the metal hinge with your thumb.
2. Flex the leg gently. (Figure D)
3. Undo all the straps and remove the brace from the leg.



Figure D

Follow this link for our complete how-to video on using the K3 Knee Brace:
https://youtu.be/TfVW_B0OOSs