



Break – In Period

We recommend that you read the manufacturer's instruction on the care and maintenance of your newly purchased brace. If you have questions regarding fit, brace slippage, brace irritation, or increased symptoms do not hesitate to contact us.

We Recommend:

A break in period is often recommended with new braces. This is particularly important with individuals that require prolonged use as with Unloader type braces. Start wearing your brace 1 hour the first day, 2 hours the second day and so on, until you can wear the brace comfortably for the duration required.

It is not unusual to have to adjust the brace periodically during prolonged use. This is quite common if activities involve repeated transferring from sitting to standing.

During activity, retightening and adjustments may be necessary. Follow the steps as outlined in the application instruction provided by the manufacturer.

The brace may be used in fresh or salt water. Following use in water activities, drain thoroughly and rinse with clean, fresh water and then air dry.



*<http://www.orthohealth.ca/resource-centre/>



OrthoHealth



DISPENSING DAY

Congratulations on purchasing a Custom Knee Brace from OrthoHealth. We sincerely hope you find them a helpful tool to increase your endurance for activity.

Conveniently located near RVH

1 QUARRY RIDGE ROAD, SUITE 105
BARRIE, ON L4M 7G1
705-726-1255
WWW.ORTHOHEALTH.CA



Thank you for choosing Ortho Health if we can be any further assistance to you or your family please call, or visit our Web Page

*<http://www.orthohealth.ca/resource-centre/>



Warning

IF YOU EXPERIENCE ANY CHANGES IN CIRCULATION OR SENSATION, PAIN SWELLING SKIN IRRITATION OR ANY UNUSUAL REACTIONS WHILE USING THIS PRODUCT, **STOP USE AND CONTACT US, OR CONSULT YOUR MEDICAL PROFESSIONAL IMMEDIATELY.**

PLEASE DO NOT WEAR BRACE WHILE SITTING FOR PERIODS GREATER THAN 20 MINUTES (SUCH AS IN A CAR OR PLANE) UNLESS INSTRUCTED TO DO SO BY YOUR DOCTOR / SURGEON.

OrthoHealth will call and/or schedule a follow up appointment in 2 weeks to ensure your wear-time is progressing as expected.

Helpful Hints

Always sit on a stable firm chair or bench (not a bed or sofa). Refer to the manufacturer's instruction on proper start position and strapping sequence that is appropriate for the type of brace purchased. For DJO Defiance braces, video instruction is available on our web page *

Care of Custom Brace

Remove liners, pads and straps if possible. Hand wash the soft liners, condyle pads and neoprene materials with mild detergent. Air Dry Only. Clean and dry liners will result in less skin irritations.

To clean the brace frame and hinges, wipe with a damp cloth.

Periodically inspect the brace. Checking hinge, screws, and soft materials.

Life Expectancy

Custom Defiance ACL / OA, GII Custom Braces

Frame / Hinges:Lifetime
Pads, Straps, Liners.....6 months

Additional Liners, Straps, Pads and other accessories are available through our store.

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