

Knee Immobilizer I

The **ISO Preferred Knee Immobilizer I** is a knee orthosis, immobilizer recommended for patients who require complete knee immobilization. The three-piece design is fully adjustable to accommodate most leg shapes and sizes. Please follow your orthopedic professional's instructions explicitly and adjust or discontinue use only as directed to achieve maximum benefit for your concerns.



ISO Preferred Knee Immobilizer I (KN41xx) is intended to support surgical procedures, pain and injury to ACL, MCL, PCL, AND LCL injuries, in addition to application for Soft Tissue injuries, Pre and Post-operative knee immobilization, Emergency immobilization, Knee sprains, Other mild to severe knee and leg injuries.

BRACE LENGTH SELECTION:

To find your length: Measure the length of your leg between mid-thigh to mid-calf and order the model number that matches your length. Braces are sized from 14" to 24".

PROPER FIT:

Begin by performing a fitting to ensure proper positioning of the aluminum stays at the side of the knee. Loosen the four adjustable closure straps and remove the two (2) detachable side panels with aluminum stays. With the knee in an extended position (straight), place the knee Immobilizer around the leg so that the knee is centered lengthwise between the top and the bottom edge of the Immobilizer. Ensure that the fixed aluminum stays in the back of the Immobilizer are completely lined up behind the leg. Attach each side panel to the Immobilizer so that the aluminum stay is lined up along the side of the knee and slightly behind the knee cap on each side of the knee.

HOW TO APPLY:

1. Extend your injured leg on a flat surface and place the Immobilizer underneath the leg while ensuring the rear stays are aligned as they were in "Proper Fit".
2. Wrap each side of the Immobilizer around to the front of the leg.
3. For best results, fasten each strap in the order described. To begin fastening the straps, start with the strap just above the knee and thread the strap through the plastic slot on the other side. Pull the strap back and fasten to the Immobilizer with the advanced gripping material.
4. Continue with the strap just below the knee and fasten. Then wrap the strap at the top of the thigh and finish with the last strap at the bottom of the calf. The strapping procedure is done in this alternative order to prevent the Immobilizer from putting stress on the knee. Be sure not to pull the straps too tightly, as it is important for you to have adequate blood flow. **DO NOT OVERTIGHTEN.**
5. Make sure you have good mobility and that the brace is comfortable. If you feel the brace is too loose or tight in any location, re-adjust the tightness of the straps. **DO NOT OVERTIGHTEN.**

Note: When properly applied, your knee should be centered lengthwise in the Immobilizer with the back aluminum stays centered at the rear of the leg and the side stays positioned to prevent lateral movement. **No movement should be experienced.*





INTRODUCTION

Your **ISO Preferred Knee Immobilizer I (KN41xx)** is designed to provide your body with the support and stability that it needs to successfully manage or eliminate your mobility concerns. It is critical that you follow your orthopedic professional's directions closely to ensure that the apparatus is worn properly and in the manner that will be most beneficial in addressing your issues. For correct application, please read the enclosed instructions and watch the on-line instructional video (if available) at www.ISOpreferred.com so that this device can provide you with superior long-term usability and care.

USAGE RECOMMENDATIONS

It is vital that you read the included instructions and when applicable watch the instructional video for the **ISO Preferred Knee Immobilizer I (KN41xx)**. The brace is intended for application by qualified professionals only. It is not recommended for patients to fit or apply or adjust their new brace without an orthopedic professional's expertise, unless otherwise instructed. Further questions regarding adjustments or changes, frequency of use, and/or duration of use should be presented to your orthopedic professional, as they are familiar with the specific needs and conditions, for which this device was prescribed.

CARE AND CLEANING INSTRUCTIONS

Please do not place your brace in the washing machine or dryer at any time. When preparing to clean your **ISO Preferred Knee Immobilizer I (KN41xx)** you will want to separate the parts where applicable and care for them individually.

- Do not dry clean, iron, bleach, or use an abrasive cleaning instrument on any part of the brace. Failure to follow these instructions may damage your brace and void the manufacturer's warranty and it may no longer work properly.
- Remove the pads (2) inside the brace and wash by hand, separately.
- Remove the metal stays (4) from the pockets in the back and along sides of brace.
- Hand wash each section in cold water with a mild detergent. Lay flat to air dry. Allow all parts to air dry prior to reassembling the device.

CAUTION

The **ISO Preferred Knee Immobilizer I (KN41xx)** is for single patient use only. While every effort has been made to obtain maximum strength, function and durability, there is no guarantee that injury will be prevented through the use of this device, especially if the instructions are not followed correctly. **DO NOT OVERTIGHTEN.**