

READY KNEE BY MOBILITY BRACES

The **READY KNEE** brace has been designed to help reduce pain and increase the stability of your knee while providing the support you need to improve mobility and keep you active.

FITTING INSTRUCTIONS

NOTE: The wider end of the brace goes at the top.

1. Place the open brace behind your knee with the circular opening in the back (**A1**). This opening should be centered in the crease of the backside of your knee (**A2**) called the popliteal region.
2. Secure the upper portion of the garment across the front of your thigh via hook and loop (**B**). Make sure the brace is centered vertically and horizontally around the kneecap (patella). Feed the top strap through the top D-ring and loosely secure the strap.
3. Close the bottom portion of the garment across the shin (tibia) via hook and loop (**C**). Fit should be snug and secure. Feed the bottom strap through the bottom D-ring and loosely secure the strap.
4. Confirm the knee cap is centered in the front opening (over the patella) and the hinge arms are centered on the sides (front to back). Hinge and hinge arm positioning can be adjusted by changing the amount of strap allocated across the backside of the brace. This is done on the non-D-ring side where the strap is attached to the hinge arm pocket via hook and loop. Once brace is properly positioned, refasten both top and bottom straps (**D**) until brace feels comfortably snug and secure.



CHANGING EXTENSION/FLEXION STOPS

NOTES: - Please consult your physician before using or changing the metal stops.

- Both hinges must have the same extension/flexion stop configurations.

To adjust extension - remove screw (**E**) on front (anterior) side of the hinge and insert the desired extension stop (**F**). Align hinge hole and stop hole. Tighten screw back into aligned holes locking new stop in place.

To adjust flexion - remove screw on back (posterior) side of the hinge and insert the desired flexion stop. Align hinge hole and stop hole. Tighten screw back into aligned holes locking new stop in place.



WARNINGS

- The READY KNEE is not designed to prevent injury.
- If you experience skin irritation, pain or discomfort while using this product, immediately remove and contact your local healthcare provider.

CARE INSTRUCTIONS

- Remove hinges before washing.
- Hand wash in warm water with mild soap - do not machine wash or dry.
- Lay flat or line dry only.

PARTS INCLUDED

- One (1) knee orthosis base garment and strap closure system.
- Two (2) ROM hinges with rigid medial and lateral, customizable hinge arms. *Customization should only be done by a certified professional.*
- Two (2) condyle pads
- Sixteen (16) metal extension/flexion stops (2 sets of 8).
- Six (6) screws.
- One (1) hex key for hinge adjustments.

WARRANTY

- READY KNEE braces are warranted to be free of material or workmanship defects.
- Any defective components may be replaced or credited at the discretion of Mobility Braces, LLC.
- READY KNEE braces are warranted for one year from date of purchase.