

READYlite KNEE

BY MOBILITY BRACES

The **READYlite 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**) known as the popliteal region.
2. Secure the upper portion of the garment across the front of your thigh via hook and loop (**B1**). 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 (**B2**).
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 (**D**).
4. Confirm the knee cap is centered in the front opening (over the kneecap) and adjust the brace until it feels comfortable and tracking naturally with your knee. Once brace is properly positioned, refasten both top and bottom straps (**B2 & D**) until brace feels comfortably snug, secure and tracking with your knee.
5. A properly applied brace should contour to the leg and fit comfortably (but snug) to help provide warmth, compression, stability and support (**E**).

REMOVING THE HINGES

To remove the hinges - locate the slits cut into the upper portion of the hinge pockets on interior of the brace (**F**). Slide the hinge out through this opening - and use this same opening to slide the hinge back in.

WARNING NOTE: Hinges should be removed whenever washing the garment. If brace gets wet, remove the hinges and let them air dry to minimize any potential corrosion. Replace hinges back into garment once the garment and hinges are both dry.

WARNINGS

- The **READYlite 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.

WARRANTY

- **READYlite 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.
- **READYlite KNEE** braces are warranted for one year from date of purchase.



PARTS INCLUDED

- One (1) knee orthosis base garment and 2 strap closure system.
- Two (2) monocentric metal hinges and uprights