

Bledsoe Extender Brace

Application Instructions CP020193 Rev D 03/07



Council Directive 93/42/EEC
of 14 June 1993 concerning
Medical devices

FAST ADJUSTMENT- FAST HINGE- FAST STRAPS- FAST APPLICATION



This device is offered for sale by or on the order of a physician or other qualified medical professional. This device is not intended for reuse on a second patient or for extended use beyond 180 days. This device is generally not intended for patients in excess of 250 lbs. (114 kilos). This device is not intended to prevent injuries or reduce or eliminate the risk of reinjury.

Indications: Indicated for immediate application to knees for locked or limited motion control of knee during rehabilitation after operative procedures or injury to knee ligaments, cartilage, or stable or internally fixed fractures of the tibial plateau, condyles, or proximal tibia and distal femur.

Contraindications: Contraindicated for unstable fractures or for fractures of the proximal femur or the distal tibia or fibula.

WARNING: Do not leave this device in the trunk of a car on a hot day or in any other place where the temperature may exceed 150° F (65° C) for any extended period of time. **If any additional pain or symptoms occur while using this device, discontinue use and seek medical attention.**

Warranty: This device is warranted to be free from defects in material and workmanship for a period of 90 days. These warranties apply to devices that have not been modified or subjected to misuse, abuse or neglect. This device is expressly subject to Bledsoe's Product Line Limited Warranty. Copies of this limited warranty can be obtained from your medical professional, via the internet at www.bledsoebrace.com or by calling (800) 527-3666.

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Bledsoe Extender Brace Application Instructions



Patient should be seated with the affected leg bent at 30°.

1. APPLY KNEE WRAP TO LEG

All wraps should be applied from the back of the leg allowing for the closures to occur at the front. Center the narrow connected area of the knee wrap in the fold at the back of the knee. Wrap the thigh section around the leg. Trim the excess material leaving 2"-3" (5cm-7.5cm) of overlap. Close the hook-to-pile closure. Repeat for the calf section.

Note: Thigh section must be positioned 2" (5cm) above the patella (knee) and calf section must be positioned directly

2. APPLY THIGH AND ANKLE WRAPS TO THE LEG

Apply the thigh wrap as high on the thigh as is comfortable. Trim the excess circumference leaving 2"-3" (5cm-7.5cm) overlap. Repeat for the ankle wrap making certain the pads just cover the malleoli (ankle bones).

3. PRE-ADJUST LENGTHS

Hold the brace uprights against the leg and pre-adjust the lengths. Adjust the length of the medial and lateral uprights accordingly by depressing the button and extending or collapsing the upright to the appropriate length.

4. FORM & APPLY HINGES

Apply the circular knee pad to the back of the hinge. Bend or form the uprights to fit the curves of the leg. The lateral hinge uprights should be bent just above the hinge. The calf upright should be bent just below the hinge and again about 1/3 of the way down.

Note: Adjust the length before bending!



5. APPLY HINGES

Apply the medial hinge with the axis 1/2" (1.3cm) superior & 1/2" (1.3cm) posterior to the adductor tubercle. Align the hinge uprights with the leg and press into place on the side of the knee wrap.

Visually align the lateral hinge with the medial hinge and check the knee axis. Align the hinge uprights with the leg and press into place on the knee wrap.

6. FASTEN STRAPS & SECURE (Wrap / Wrap Strap Design)

Starting with the ankle strap, wrap the strap around the back of the leg, press the hook-covered plates and the hinge uprights against the leg and wrap the tensioned strap firmly over the plate to engage the hook-to-pile closure. Continue wrapping around the front of the leg and engage the strap to the other plate in the same manner. Trim the excess strap length with scissors. Repeat with the remaining three straps.

Alt. 6. FASTEN STRAPS & SECURE (Shear Force Strap Design)

Fasten the front and rear straps that are closest to the knee first to secure the hinges in position. Fasten the remaining straps and adjust the tension on all straps. Make certain the hinge remains in position. If the straps are too long, the double-sided hook piece may be repositioned and the straps trimmed.

Note: If desired, the straps adjacent to the knee may be tightened to produce a static counterforce for certain injuries.

Bledsoe *Extender Shoe Insert* Application Instructions



1. INSERT THE KEY

Remove key from behind the spring on the shoe insert. Insert key behind spring on the tibial upright of the Extender Brace by depressing the button and sliding the key between the spring and upright.

2. SLIDE OUT TIBIAL EXTENSION

Turn the key 90° and slide the tibial extension out. Turn the key 90° and remove. Repeat for the other side of the brace.

3. ATTACH THE SHOE INSERT TO THE BRACE

Insert the key between the spring and upright on the shoe insert. Turn the key 90° and slide the shoe insert into the brace. Turn the key 90° and remove. Repeat for the other side.

4. APPLY SOCK

Place the sock (included with Extender Shoe Insert) on the foot.



5. APPLY WRAPS TO LEG

Follow Steps 1 and 2 from the Extender Brace Application Instructions to apply the wraps.

6. APPLY CIRCULAR KNEE PAD

Apply circular knee pad to the back of the hinge.

7. SPREAD UPRIGHTS

Loosen the forefoot strap on the shoe insert and slip the foot into the shoe insert, while spreading uprights apart as shown in picture.

8. PRE-ADJUST LENGTHS & FORM THE UPRIGHTS

Hold the brace uprights against the leg and pre-adjust the lengths. Adjust the length of the medial and lateral uprights accordingly by depressing the button and extending or collapsing the upright to the appropriate length. Bend or form the uprights to fit the curves of the leg. The lateral hinge uprights should be bent just above the hinge. The calf uprights should be bent just below the hinge and again about 1/3 of the way down. (Step 3 & 4 from Extender Brace Application Instructions)

Note: Adjust the length before bend-

Bledsoe *Extender Shoe Insert* Application Instructions



9. APPLY HINGES

Apply the medial hinge with the axis 1/2" (1.3 cm) superior and 1/2" (1.3 cm) posterior to the adductor tubercle. Align the hinge uprights with the leg and press into place on the side of the knee wrap.

Visually align the lateral hinge with the medial hinge and check the knee axis. Align the hinge uprights with the leg and press into place on the knee wrap.
(Step 5 from *Extender Brace Application Instructions*)

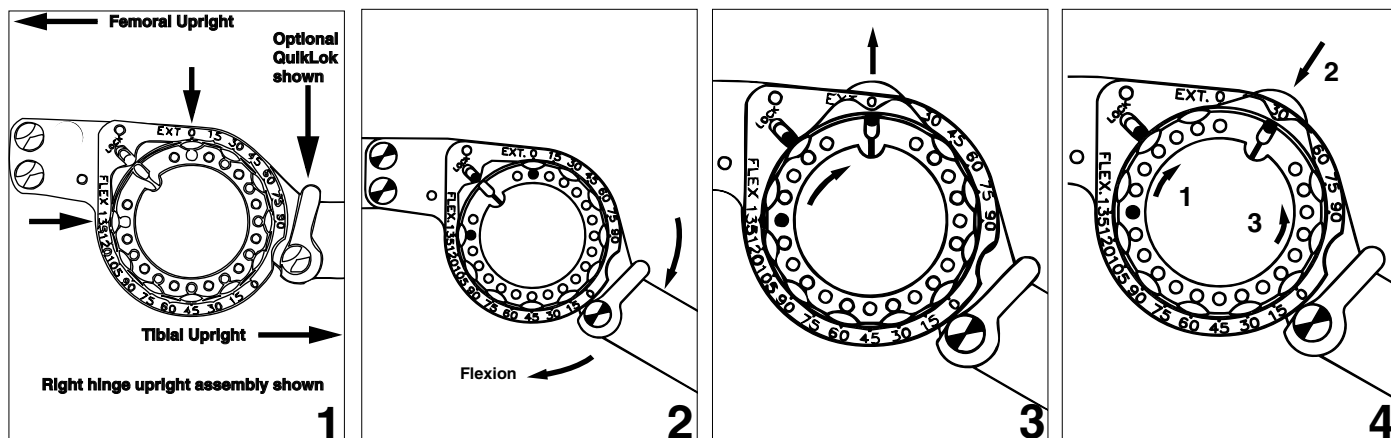
10. FASTEN FOREFOOT STRAP

Fasten forefoot strap. Continue to secure the straps as shown in either Step 6 (Wrap / Wrap Strap Design) or Alternate Step 6 (Shear Force Strap Design) from the Extender Brace Application Instructions.

11. FINISHED SHOE INSERT

The finished shoe insert should look like the above photo.

Bledsoe Simple Hinge Application Instructions (optional QuikLok shown)



1. OBSERVE PRESET LIMITS

Note the present limits by viewing the pins visible in the dial holes.

2. PRESET RANGE

Place the hinge in between the limits of desired motion before attempting to set the limits.

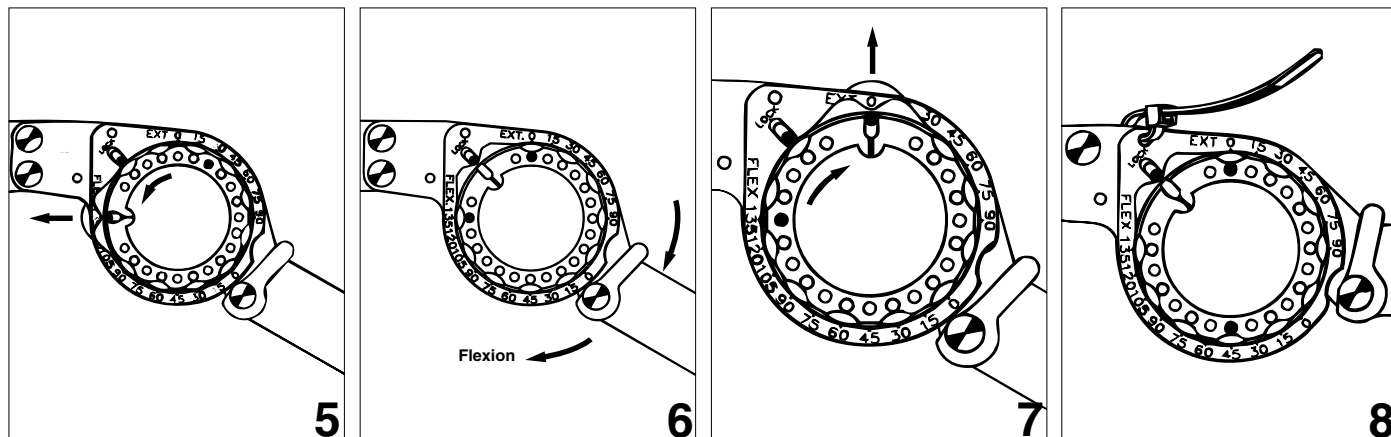
NOTE: Extension limits can be set from 0°-90° in 15° increments. Flexion limits can be set from 0°-135° in 15° increments.

3. REMOVE PRESET EXTENSION LIMIT

Rotate the dial towards the scale marked EXTENSION until the disc pops out.

4. SET EXTENSION LIMIT

Continue rotating the dial to the desired extension setting (1) push in on the disc firmly until it is seated (2) while holding the disc in, rotate the dial back to the original "LOCK" position to capture the setting (3).



5. REMOVE THE PRESET FLEXION LIMIT

Rotate the dial towards the scale marked FLEXION until the disc pops out.

6. SET FLEXION LIMITS

Continue rotating the dial to the new desired setting (1) push in on the disc until seated (2) and while holding the disc in, rotate the dial back to the "LOCK" position to capture the limit (3). The limits are now set.

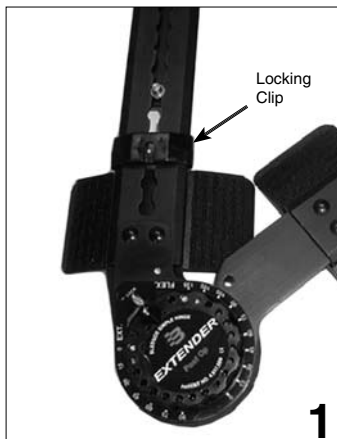
7. LOCKING THE HINGE

To lock the hinge at any setting (in 15° increments), set both limits to the same number. Set one, then move the hinge against that limit and set the other limit.

8. INSERT COMPLIANCE CABLE

To prevent tampering with the hinge setting, insert a cable tie wrap (six are provided) into the hole just above the lock pin slot. In order to change the limits, cut the cable tie wraps.

Extender Brace Locking Clip Application Instructions



1. The Locking Clip will come assembled on the brace positioned between the button and the hinge.



2. Slide the locking clip up the upright of the brace and over the button until the button is engaged into the hole of the locking clip.



3. If you need to disengage the locking clip, use a pen or similar object to depress the button.



4. Slide the locking clip towards the hinge.



5. You may also simply remove the locking clip from the brace upright by lifting up one side and pull up.



6. To replace the locking clip on the upright, hook one side to the upright and then push down until it locks into place.