

PATIENT INSTRUCTIONS

Knee Flexion Dynasplint® System Type II

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IMPORTANT: Read instructions thoroughly before wearing the Knee Flexion Dynasplint® System. Be sure that the splint fits comfortably and properly. If you feel pain, numbness, swelling, or skin irritation remove the splint immediately and contact your Dynasplint® Systems sales consultant. If joint stiffness persists longer than one hour after wearing the unit, reduce the tension by 0.5 increments, approximately $\frac{1}{2}$ turn. Contact your Dynasplint® Systems sales consultant if you have any questions.

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Stretch Beyond Your Expectations.®



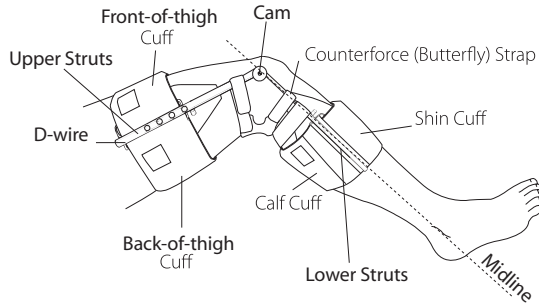
FITTING INSTRUCTIONS

APPLYING THE KNEE FLEXION DYNASPLINT® SYSTEM:

STEP 1: Completely open the shin and front-of-thigh cuffs.

STEP 2: Lay leg in the unit. The larger struts (with the windows and scales) should be placed on the lower leg with the counterforce (butterfly) strap in the crease of the knee. See Figure 1.

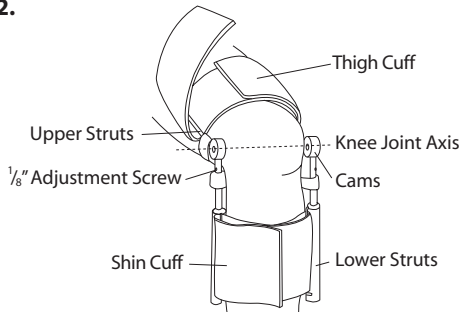
FIGURE 1.



STEP 3: Align the upper and lower struts with the midlines of the sides of the upper and lower leg. See Figure 1.

STEP 4: Align cams across the knee joint (joint axis). See Figure 2.

FIGURE 2.



STEP 5: Attach the Dynasplint System to the leg by feeding the front-of-thigh cuff through the D-wire on the opposite side. Pull back snugly; fasten the Velcro® sides together.

STEP 6: Repeat for the shin cuff.

STEP 7: Check cuffs for tightness. You should be able to slide a finger between the leg and the Dynasplint System cuffs and counterforce (butterfly) strap.

STEP 8: Check alignment. See Figures 1 and 2. The struts should line up with the centers of the sides of the leg, and the cams should be at the center of the sides of the knee.

STEP 9: Do not tamper with calf and back-of-thigh cuffs.

STEP 10: While the Dynasplint System is in place, you should be inactive and relaxed. The most comfortable position while sleeping is lying on the side with a pillow between the legs; when awake, sitting with a wedge pad under the thigh being sure not to block the lower leg.

REMOVING THE KNEE FLEXION DYNASPLINT® SYSTEM:

STEP 1: Completely open the shin and front-of-thigh cuffs.

STEP 2: Remove leg from unit.

Continue to follow your physician's or therapist's instructions regarding your home therapy program while wearing the Dynasplint System. Record your comments daily on the evaluation sheet (back page of booklet) for review with your Dynasplint Systems sales consultant.

CLINICIAN'S PRESCRIBED TREATMENT SCHEDULE

These are guidelines only. Remove the Dynasplint System if you experience pain at any time and contact your Dynasplint® Systems sales consultant.

Tension to be initially set at _____ increments.

Patient will wear the Dynasplint System for _____minutes/hours the first day.

If no more than one hour post-wear discomfort occurs, the patient may increase wear time according to the recommended daily wearing schedule, building up to an overnight application of 6-8 hours. Time spent wearing the splint is the most important component in regaining range of motion.

Increase tension by 0.5 – 1 increment on both sides of the splint if less than one hour of post-wear discomfort occurs after use.

Decrease tension if unable to wear for extended period of time.

Maximum tension: _____.

The basic protocol outline is to provide maximum benefit from the Dynasplint System. *Increasing tension faster does not ensure proper stretch will be applied.*

Remember to wear the Dynasplint System while inactive, preferably while sleeping. If unable to sleep in splint, maximize wear time during the day.

Your follow-up visit is _____.

Please bring the Dynasplint System and the completed evaluation sheet.

Sales Consultant: _____ Voicemail Number: _____

