



FLEX<sup>®</sup>

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Patient Guide

# Flex®

It is important that the brace is fitted correctly to ensure adequate support of your knee and also optimal comfort. The Flex knee brace should be applied according to the instructions from the supplying clinician. This fitting guide serves as a reminder to compliment their instructions.

## Fitting Instructions

1. To start, first sit down with your knee bent to around 90°. Place the brace on your leg with the hinges on the side of your knee so they point straight ahead. The hinge should be in line with the centre of your knee (picture 1).
2. Fasten the strap below the knee first (A) feed the strap through the slot and attach the hook and loop strap (picture 2).
3. Next do the same with the lowest strap (picture 3).
4. Next fasten the strap above the knee (picture 4).

5. Lastly the top strap can be fastened. All straps should feel firm, yet comfortable (picture 5).

**NOTE:** Over tightening the top two straps can cause the brace to slide down the leg. The orthosis needs to be fastened from the outside to prevent the rotation of the orthosis on the leg.

## Removing the Flex

- When removing the brace, undo each strap and ensure to attach the hook and loop tab back onto the strap. This will make it easier when fitting the brace next time and will prolong the life of the straps (picture 6).



## Care Instructions

- The straps, cotton hinge covers and liners on the calf and thigh section can be removed for cleaning.
- Hand wash in warm water (30°) with mild detergent
- Rinse thoroughly
- Air dry flat
- The carbon fiber frame can be wiped clean with a damp cloth and mild soap
- Do not machine wash
- Do not tumble dry



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## Hinge maintenance

- Do NOT disassemble the hinge yourself
- Check regularly for foreign materials (i.e. dirt or grass)
- Clean dirt using water.
- Lubricate with silicone spray or dry graphite if needed

