



Use your phone's camera to scan this QR code and follow along with the video

## Wear and Care Instructions for the Game Changer Knee Orthosis

### Putting on the Brace

► Follow along with the video for best results

1. Undo all plastic buckles, by pushing in the numbered buttons and separating the straps from their buckles.
2. Sit on a firm surface with your knee bent at a 45° angle. Position the brace on the outside of your leg with the middle of the brace's knee joint in line with the top of your knee cap.
3. Secure the brace to your leg with strap #1 (located just below your knee). Then attach strap #2 (at the bottom of the brace). Then attach strap #3 (just above the knee joint). Attach the final strap, #4 (at the very top of the brace). You can now make minor adjustments to each strap until you feel secure in the brace.
4. To adjust how this brace offloads your knee joint, use the turn key to twist the adjustment screw located just above the knee joint.
  - For osteoarthritis on the inside of your knee, turn the adjustment screw toward the "in" direction labeled on the brace
  - For osteoarthritis on the outside of your knee, turn the adjustment screw toward the "out" direction labeled on the brace

**HELPFUL TIP** - Do not over tighten the two top straps (#3 and #4). If you do, the brace will get pushed down your leg. If the brace feels like it's slipping try tightening straps #1 and #2.

### Removing the Brace

Undo all plastic buckles, by pushing in the numbered buttons and separating the straps from their buckles. This can be done in any order. Once you've removed the brace, push the straps back into their buckles to keep the brace organized.

**HELPFUL TIP** - Check your skin every day. If your skin has red spots that stay red for more than 15 minutes after you take off your brace it could mean there is too much pressure in one spot. Stop wearing the brace, take a picture of the red spot, and contact our office right away.

### Cleaning Instructions

If the brace gets dirty you can clean it with soap and warm water. The brace must be fully dry before you put it on again.

### Break-In Schedule

Generally, we suggest a slow break-in period so we can spot and address any problems right away. Understand that this brace will change the way you walk and sometimes your body needs time to adjust. On the first day you should only wear the brace for 1 hour. Then add 1 hour every day until you're wearing it full time. A typical break-in schedule may look like this:

| Day 1  | Day 2   | Day 3   | Day 4   | Day 5   | Day 6   | Day 7          |
|--------|---------|---------|---------|---------|---------|----------------|
| 1 hour | 2 hours | 3 hours | 4 hours | 5 hours | 6 hours | Full time wear |