Unloader One® Plus

APPLICATION with the straps adjusted to the appropriate settings

1. Align the brace on the leg with the hinge centered top-to-bottom, side-to-side and front-to-back with respect to the knee cap.

NOTE: Photos show a left leg with medial compartment osteoarthritis (i.e., the compartment or cartilage affected is on the inner side of the knee). For lateral compartment osteoarthritis, the hinge would be placed on the outer side of the leg.

2. Secure Gastroc strap by pulling Quick Fit button into calf shell keyhole (match white color).

3. Ensure calf Quick Fit buckle is open. Insert the lower Quick Fit buckle (blue) into the blue key hole on the calf shell. Close the Quick Fit buckle.

4. Bend the knee to an 80° angle with the foot flat on the floor.

5. Place the button of the Quick Fit Thigh Connector into the appropriate hole and close carefully.

6. Pull the non-hinge side of the elastic thigh strap and affix to fastening pad.

7. Tighten the Dynamic Force Control System ratchet to the prescribed position (the position that was determined by your practitioner based on the optimal pain relief for you).

NOTE: The recommended initial setting is 5.

8. Fully extend the leg in a sitting position to make sure that the brace is still aligned correctly on the leg.

9. If you require more or less unloading, try adjusting the Dynamic Force Control System to obtain the desired result.

10. If the Dynamic Force Control System ratchet is at the minimum/maximum setting and you require less/more unloading, adjust the DFS straps at the buckle end of the strap.
**FINAL INSPECTION**

**NOTE:** Shown below is the left leg with medial compartment osteoarthritis (i.e., the compartment or cartilage affected is on the inner side of the knee).

For lateral compartment osteoarthritis, the hinge would be placed on the outer side of the leg to “unload” pressure from the cartilage on the lateral side of the knee.

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**REMOVAL**

1. Press the button on the Dynamic Force Control System to release the tension in the DFS straps.

2. Open the *Quick Fit* Thigh Connector.

3. Open the lower *Quick Fit* buckle.

4. Remove the *Quick Fit* buckles and *Quick Fit* Thigh Connector from their holes.

5. Open the gastroc *Quick Fit* buckle and remove the gastroc strap.

6. Remove the brace from the leg.