

GETTING STARTED

USAGE RECOMMENDATIONS

When starting to use the brace, it is recommended to gradually build up to full time use.



- Skin irritation issues may occur for some users. If you have sensitive skin, it is recommended to use the Unloader One as tolerated.
 - If redness appears, usage should be decreased.
 - If problems persist, discontinue brace use and consult your health care professional.
- If no skin issues arise you can build up to full time usage more quickly.

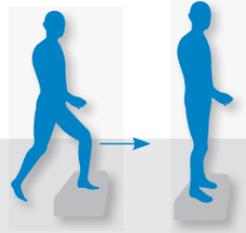
STAY ACTIVE

EXERCISE RECOMMENDATIONS

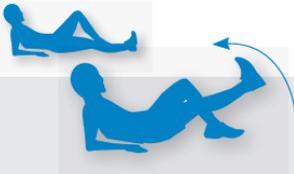
Physical activity has many health benefits. It prevents loss of muscle strength and improves flexibility as well as releasing “feel-good” endorphins which can act as natural pain killers. Physical activity also helps you to maintain a healthy body weight. Combining mobility, strengthening and fitness exercises is a good mix of physical activity. Start gently with a few repetitions and gradually build up the activity level as you gain more strength.



Seated knee extension



Step ups



Straight leg rise



Sit-stand ups

The following activities are good ways to keep active



Swimming



Walking



Cycling

BRACE CARE

KEEP BRACE CLEAN AND IN GOOD CONDITION

- It is important to clean brace liners regularly to prevent build-up of harmful bacteria.
- We recommend wiping the liners with a mild disinfectant solution. Time or during relatively strenuous physical activity it is good to quickly wipe down the liners at the end of each day.
- For more thorough cleaning of the brace, liners, straps and strap pads should be removed and hand-washed using mild non-detergent soap. Make sure to rinse thoroughly and let air dry.
- **DO NOT MACHINE WASH AND/OR PLACE IN DRYER**



NOTES:

- If brace is used in salt water or chlorinated water, rinse well with fresh tap water and air dry brace.
- A regular service routine check with your brace fitter will ensure hinge, liners, straps and pads are in optimal working condition.

SKIN CARE

- To maintain a healthy skin condition it is important that the liners of your brace are clean, but taking care of your skin is also important.
- Use a mild liquid soap when bathing. If you have skin irritations or a sensitive skin, use products that are fragrance free and relatively pH neutral, pH 5,5 to pH 7.
- Moisturizers nourish and soften the skin. Use moisturizers that are fragrance free and pH balanced. Let the moisturizer sink into your skin fully before putting on the brace. A good way of allowing for this is to apply the moisturizer in the evening before going to bed.



NOTES:

- Do NOT apply lotion to the leg directly before using the brace.
- Many common household or bath products, including soaps, perfumes or lotions may cause or contribute to skin irritation.

USAGE OF UNDERSLEEVES

- If skin issues persist, even with moderate usage of brace and proper cleaning of liners and straps, it is possible to try an undersleeve to prevent direct contact between skin and the brace.

NOTES:

- Undersleeves may cause the brace to migrate thus compromising optimum function.
- Össur undersleeves are available for purchase at: www.ossur.com/unloaderone

