



UNLOADER ONE® LITE

User Guide

Unloader One® Lite

The Unloader One® Lite can relieve pain from degenerative meniscal tears and mild to moderate knee OA. With its unique strap system, and a SmartDosing® dial that allows for easy adjustment of strap tension, you can customize the pain relief based on your activity and needs.

The Unloader One® Lite is easy to use and comfortable to wear.

Fitting Instructions

- 1.** Start by loosening the calf strap. Then pull out the SmartDosing dial and loosen both main straps simultaneously, as much as possible.
- 2.** While seated, place your hands on the hinge and the opposite upper edge of the brace, and gently pull it up over your knee.
- 3.** The kneecap indicator should be on front of the leg. The top edge of the hinge should be approximately 1 cm higher than the upper edge of the kneecap.
- 4.** Hold on to hinge and tighten the calf strap well to ensure that the brace does not rotate on leg
- 5.** With the knee bent press the SmartDosing dial and tighten the straps by rotating the dial clockwise. The dial allows you to adjust the tension of the straps and thus the level of pain relief.

NOTE: Many people find that an average setting aligned to the middle indicator will provide adequate pain relief. You may want to increase the tension of the straps during strenuous activities.



Removing the brace

1. First, pull out the SmartDosing dial, and then use your hands to loosen both straps simultaneously.
2. Loosen the calf strap.
3. Remove brace by pushing it down.



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Skin care/Wearing the brace

- When starting to use the brace, it is recommended to gradually build up to full time use from e.g. 2 hours per day.
- If you have any questions please contact your clinician.

Care Instructions

- Avoid contact with salt water or chlorinated water, rinse well with fresh tap water and air dry the brace in case it occurs.
- Hand wash using mild soap and rinse thoroughly. For machine wash, use wash bag and program for delicate wash. Air dry flat. Do not tumble dry or use bleach or use fabric softeners as this may cause damage to the fabric.

