



UNLOADER ONE[®]

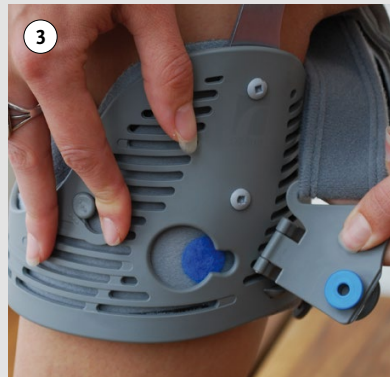
Patient Guide

UNLOADER ONE®

Fitting Instructions

Once you learn how to fit it, the Unloader One will provide relief from pain. The brace has a unique design based on three points of leverage, so it is essential that you learn to put it on correctly. It has Dynamic Force Straps that allow you to adjust the amount of tension in the straps. It may look complicated, but attaching it is easy when you follow these instructions.

- 1.** To start, first open both the calf and thigh buckles and ensure the Dynamic Force Straps are set to 1.
 - 2.** Place the brace on your leg with the hinge on the side of your knee so it points straight ahead. The hinge should be in line with the centre of your knee.
 - 3.** Attach the calf buckle (using the blue colour coding on the buckle and the brace itself) ensuring it is on top of the stability pin. Use the palm of your hand on the cross hatched part to close the Quick Fit Buckle until you hear a 'click.'
 - 4.** Attach the thigh buckle (This is colour coded yellow on the buckle and the brace).
- Again, use the palm of your hand to close the Quick Fit Buckle. When you hear a 'click', you know it is closed.
- 5.** If the buckle doesn't close easily, bend your leg a little more and it will close.
 - 6.** Tighten the strap to get relief from pain. Try pulling the strap to the number 5 - with the knee bent - loosen it by depressing the tab if your knee is fatigued. Many people find an average setting of 5 will provide adequate pain relief.



REMOVING THE UNLOADER ONE®

- First, press the button on the Dynamic Force Strap to release tension back to a setting of one.
- Open both upper and lower buckles.
- Remove the buckles from their keyholes.
- The Unloader One can then be removed easily. (bend the knee if required)

CARE INSTRUCTIONS

- The soft goods and the liners on the thigh pad and thigh cuff can be removed for cleaning.
- Hand wash in warm water (30°) with mild detergent.
- If the straps are removed for washing, they can be re-applied by matching the dots on the strap to the same number of dots on the brace.
- Remove the buckles from their keyholes.
- The Unloader One can then be removed easily. (bend the knee if required)
- Rinse thoroughly.
- Air dry flat.
- Plastic parts can be wiped clean with a damp cloth and mild soap.
- Do not machine wash or tumble dry.



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