

# New Options Sports Wrap-Around OA Brace

## Directions for Use



**Remove the OA brace from the bag and align it over the affected knee as a point of reference.**



**Undo the top and bottom straps, open up the thigh closure and calf closure and remove the patella buttress to where the brace is now open.**



**Place the open brace behind the leg and center with the knee joint, making sure the hinge joint is even with the patella. While supporting the brace with one hand, use the other hand to affix the calf closure. Re-adjust tightness as needed.**



**With the calf closure secured, affix the thigh closure. Again, re-adjust tightness as needed.**





**The OA hinge should be aligned with the patella and should be opposite of the affected side. In this example, this is a left knee, medial OA patient.**



**Secure the lower strap in two phases. First, pull strap out and away. Then, to secure it, affix the strap to the velcro hook tab (see arrow) on the inside of the brace before you go through the D-rings. Once adhered, now go through the D-ring and secure.**



**Repeat the same procedure with the thigh strap. This will insure that the hinge arms are now engaged and that the 7 degree offset is pushing at the joint line to open the opposite knee joint. This two-step phase of strapping at the calf and thigh is the key step in the OA brace offering relief.**



**Lastly, adhere the patella buttress by affixing the tabs on the hinge side first, pulling across, centering the patella within the buttress, then securing the other two tabs on the opposite side.**

