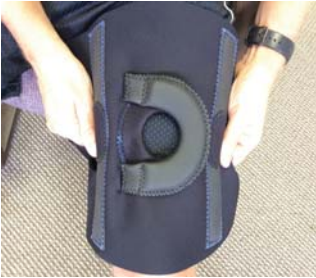


New Options Sports Hinged Wrap-Around Patella Stabilizer K197

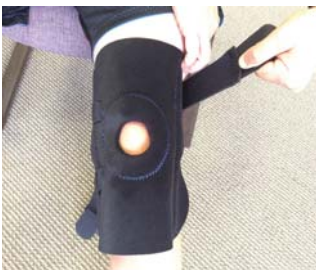
Directions for Use



Remove the K197 from the bag, undo the straps and align it over the affected knee, as a point of reference, inside out. The buttress should be aligned with the patella border; in this picture the lateral border of the left knee. This is a universal left or right knee orthosis.



While sitting, turn the brace over to where the buttress side is against the skin. It is important that the knee is straight for the application and not flexed.



Again with the knee straight, tighten the thigh strap to comfort and adhere the velcro tab. Use the other hand to hold the brace in place while tightening. The tab will secure the strap to the body of the brace.



With the thigh strap secured, repeat the above step with the calf strap. Repeat these steps as needed for maximum comfort and fewer wrinkles in the fabric.





Once the straps are secure, the brace should be in place with the patella lined up with the patella opening and the buttress against the patella border you are wishing control.



With the knee still in full extension, secure the lower buttress tab to comfort.



Repeat the same step with the upper buttress tab. This will ensure maximum patella border support as you begin to bend the knee.



Stand and the K197 should fit as seen in the picture. If you have any problems with the fit, please repeat the steps above or go to this link for video instructions:

<https://www.youtube.com/watch?v=-2dmQJVIsOg>

