



THUASNE

ROM-R V.2



## Medical Professional Instruction Guide

### Size Chart

- Universal

### Intended Use

Controlled range-of-motion for post-traumatic, post-surgical repair of the knee.

### Indications

- ACL, PCL, MCL, LCL injuries
- Tibia plateau fractures
- Osteochondral repairs
- Meniscal repairs
- Patella tendon repairs
- Condylar fractures
- HTOs (High Tibial Osteotomy)
- Acute Sprains/ strains of the knee

### Fitting Instructions

1. Position brace paddles on leg by aligning hinge center to knee center (*Figure 1*).

#### 2. Contouring the Uprights (*If needed*)

- Brace uprights can be contoured to help prevent migration.
- **Make sure brace is fully collapsed before bending. Place hinge on a solid surface to protect hinge function.**
- Apply gentle, constant pressure in desired direction on either proximal or distal end of brace. Repeat process on opposite upright as needed.

#### 3. Length Adjustment (*Figure 2*)

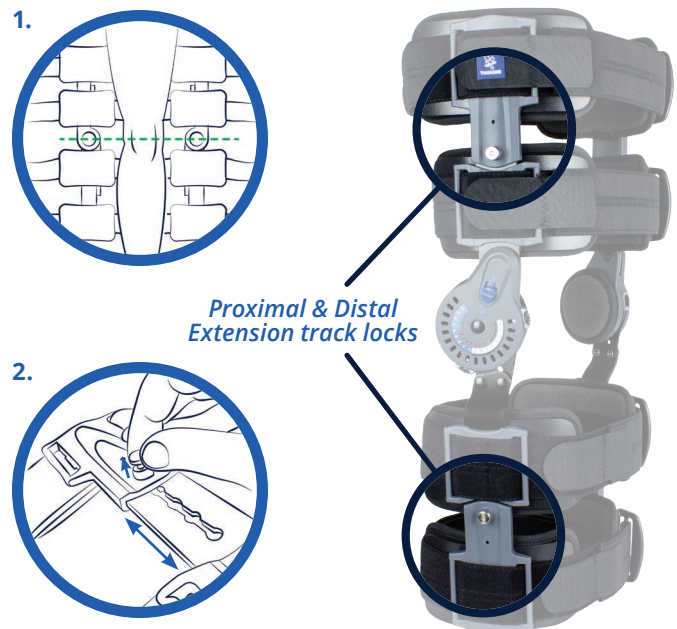
- *Full foam model only:* Remove the full foam pads from the frame before adjusting to the desired length. Once the length is adjusted, re-apply the pads and trim length carefully. The pad should ideally extend 1" above and below the cuffs.
- Determine the desired length of brace. Brace can be fixed at any length between 19"-26" in 1/2" increments.
- Unlock both proximal and distal track lock buttons. Glide assembly on both sides of hinge to desired length. Secure both track lock buttons.
- Repeat for opposite side of brace. Use the 1/2" measurement markers notched in the uprights to all sides.

### Contraindications

- Unstable fractures
- Fractures of the proximal femur or distal tibia or fibula

### Caution

1. This product has been designed and tested for single patient use.
2. The patient must immediately discontinue use and contact their medical professional if:
  - Any problems occur with the use of this product;
  - The patient experiences any increased pain, swelling, numbing, skin irritation, or any other adverse reaction while using this product.
3. The patient should consult with their medical professional before making any adjustments to the brace.
4. This product is intended to be prescribed and fitted by a licensed medical professional.





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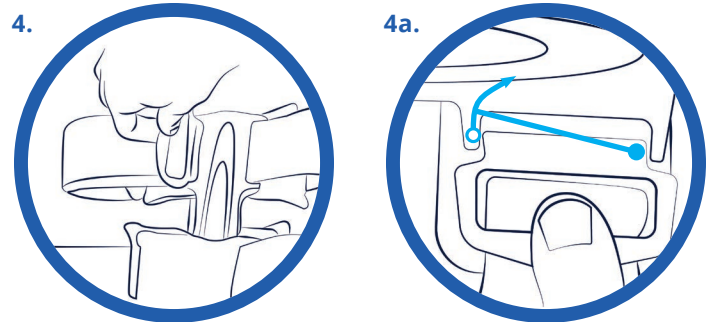
ROM-R V.2

TOWNSEND  
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## Fitting Instructions *Continued*

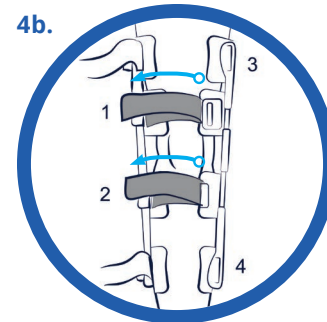
### 4. Fastening Straps (figure 4)

- Disengage Buckles - Flip buckle up and pull with a twisting motion (Figure 4a)
- Tighten Strap (Figure 4b)
- (Optional) Velcro Squares - To maintain anterior/posterior positioning of straps, apply provided velcro pieces to the proximal/ distal uprights under strapping to secure in place.



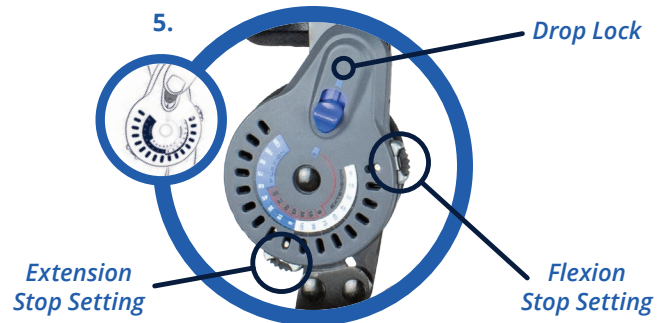
### 5. Setting the Drop Lock (Figure 5)

- Drop Lock comes set at 0° and can be locked in 15° increments from 0° to 105°.
- To unlock, slide blue drop lock button away from hinge center. To lock, rotate hinge to one of the designated drop lock positions and slide the blue button toward hinge center. Slide button can also be left unlocked for free range of motion.
- Repeat on opposite hinge.



### 6. Adjusting the ROM Hinge (Figure 6)

- Disengage the drop lock. Extension can be set from 0° to 105° in 15° increments. Flexion can be set from 0° to 120° in 15° increments.
- To set extension, depress the black push button located on the "Extension" side of the joint and slide to desired setting. To set Flexion, depress the black button located on the "Flexion" side of the joint and slide to desired setting.
- (Optional) If a more permanent lock is desired, zip ties are included to prevent patient tampering. Insert zip tie through each button, tighten and trim excess. (Figure 6a.)



## Washing Instructions

- Remove pads and wash separately.
- Hand wash using mild detergent and cold water.
- Do not machine wash or tumble dryer.
- Do not immerse hinge & uprights in water.

