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Active Reliever



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Active Reliever Indications For Use

The Active Reliever is a decompressive single upright OA knee brace designed to reduce load on one side of the knee that has been injured or progressively degenerated. The Active Reliever should be dispensed by qualified medical professionals based on a physician's prescription and directives. Clinical conditions that can be treated by this brace include:

Unicompartment Osteoarthritis

Articular Cartilage Defect Repair

Meniscal Cartilage Repair

Osteochondral Defect Repair

The Active Reliever is a soft shell brace with a semi-rigid sub shell sewn into the sleeve to provide additional structural support and enhance the corrective force applied by the brace. The fitter can adjust corrective force by contouring the uprights and/or tensioning the corrective force strap.

The hinge on the brace should ALWAYS BE POSITIONED ON THE SIDE OF THE KNEE WITH THE COMPROMISED/COMPRESSED compartment. The hinge is sewn into either the left side of the brace or the right side of the brace. A hinge positioned on the right side of the sleeve can be used for left leg medial compartment OA, or right leg lateral compartment OA. A hinge positioned on the left side of the sleeve can be used for right leg medial compartment OA, or left leg lateral compartment OA.

The sleeve has a pull on tibia section with an anterior closure thigh section. This design allows for the tibia section to have a semi-rigid sub shell that locks onto the medial, lateral and anterior aspect of the shin. The anterior opening thigh section accommodates disproportional leg sizing and optimizes patient comfort and brace suspension.

Initial Fitting Adjustments & Patient Instructions

During the initial fitting, adjustments can be made to the straps, the anterior thigh panel (that is removable for trimming), and the angulation of the aluminum bars proximal and/or distal to the hinge. **Please see the back side of this guide for specific instructions for making initial adjustments to this brace.**

Patients should be instructed on the basic steps for applying the brace to the leg. It may be advisable to have the patient gradually increase use of the brace beginning with 2-4 hours of daily wear. **Medical professionals should be aware of any prior patient history of skin sensitivity, peripheral vascular disease, or neuropathy.** It should be noted during the verbal instructions to patients that any redness, irritation or sensation of numbness or loss of circulation is reason for the patient to discontinue use of the brace until there is consultation with the fitter or prescribing physician.



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Initial Fitting Instructions

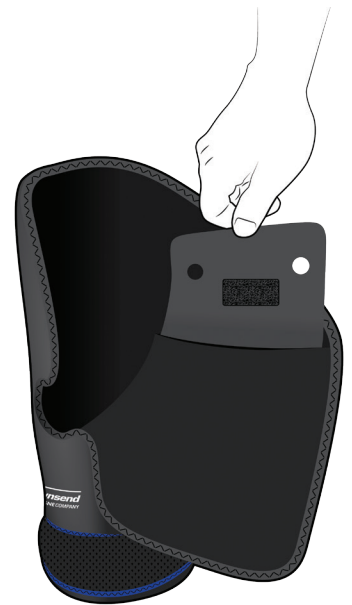
The step-by-step fitting instructions for the Active Reliever are included in the Patient Instruction Guide. You can refer to these instructions if you are not familiar with the routine fitting procedure.

There are several adjustments you can make during the initial fitting that may improve the function of the brace and/or increase patient compliance.

- 1) This brace has four quick release buckles. **Each buckle attaches to a post that is mounted onto the shell. The buckles can be attached and detached by squeezing the sides of the buckle.** Each buckle has a rectangular chafe opening that the strap and Velcro "Y" tab pass through to secure the brace to the leg. During the initial fitting, if any strap is TOO LONG, you can remove the "Y" tab from the end of the strap, cut the strap to the desired length, and then reapply the "Y" tab. **By adjusting the straps during the initial fitting, the patient can primarily use the buckles when putting on and taking off the brace.**
- 2) The brace has a Townsend Motion Hinge, with connected uprights that can be contoured. Depending on the patient's leg shape and/or the need to adjust counterforce, potential contouring can include:
- 3) Bending the upper bar to increase or decrease counterforce
- 4) Bending the upper and/or lower bar to ensure the hinge is closely aligned with the side of the knee without direct contact or pressure applied to the knee (the hinge is not intended to be one of the three points of pressure)
- 5) Bending the lower bar to the shape of the calf
- 6) It is important for the fitter to pre-set the position of the Corrective Force Strap with the initial amount of correction you want to be applied by the strap. This strap needs to be tightened with the leg bent at 60-90 degrees. When the patient straightens his or her leg, the strap will provide counterforce pressure. To determine the proper tension on the Corrective Force Strap, tighten the strap with the patient's knee bent between 60-90 degrees. Have the patient walk. Use the patient's feedback as a guide and observe the corrective changes in their gait. After the Corrective Force Strap has been properly tensioned, the fitter can make a reference mark on the strap. This can serve as a guide for the patient if the fitter is comfortable with the patient adjusting the corrective force. If the fitter does not want the patient to make any adjustments to the strap, the patient can be instructed to always use the quick release buckle to connect and disconnect the Corrective Force Strap.
- 7) The brace has a semi-rigid thigh panel. This panel is inserted into an interior pocket and attached by Velcro. The panel can be removed and trimmed with scissors during the initial fitting, or can be removed and discarded if the fitter or patient prefer the brace to be worn without the optional panel.
- 8) The range-of-motion allowed by the hinge can be adjusted. The brace comes with extension stops included. Optional flexion stops can be ordered. Instructions for changing the stops are included in the professional guide.



Velcro "Y" Tab





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Extension Stop Instructions

At the time of fabrication, a zero degree extension stop has been installed in the TM5+ Hinge. To install a different extension stop, follow these instructions:

- 1) Twist off the desired pair of stop from the nylon stop tree.
- 2) Remove the screw located on the side of the hinge. (Fig.1)
- 3) After removing the screw, flex the brace and remove the zero degree stop from the hinge. Note the direction the stop is facing. (Fig.2)
- 4) Insert the desired stop, hole end first, with the hook end at the top and facing forward. Straighten the brace to full extension to push the stop down into position. The small hole in the stop must be aligned and visible through the screw hole so the screw will thread into the stop.
- 5) Reinsert and tighten the screw. Flex and extend the brace several times to ensure the stop is locked into position and functioning properly.



Flexion Stop Instructions

- 1) To limit the degree of flexion, detach the desired stop from the enclosed metal tree. Each stop has the degree etched into the surface.
- 2) If you are installing the 110 degree flexion stop, remove the two screws from the posterior aspect of the hinge cover (Fig.1) and take out the spacer that was installed at the factory. There is only one hole in the 110 degree stop. Insert the stop, with the flat end facing up, (Fig.2) and position it so the hole in the stop is visible through the lower screw hole in the cap. The screw must thread through the cap and stop to secure the stop in the proper position. The second (top) screw can be reinserted back into the hinge cap to fill the empty hole.
- 3) (Fig.3) If you are installing the 0, 30, 45, 60, 75 or 90 degree flexion stop, remove both screws from the posterior aspect of the hinge cap (Fig.1) and take out the spacer that was installed at the factory. Insert the stop with the flat end facing up and position it so that both holes in the stop are visible through the screw holes in the cap. Thread and tighten the screws through the cap and into both holes in the stop.
- 4) Flex the brace until the upright contacts the stop to ensure it is functioning properly.





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This guide is intended to provide general information and fitting instructions you should follow until you remember the procedure for properly putting on and taking off your Active Reliever. During the initial fitting of your brace, the medical professional may have made adjustments to your brace to optimize the fit and function.

This brace is routinely prescribed for clinical conditions that result from an injury, a surgery, or the progressive degeneration of your knee. The Active Reliever is a type of brace that comfortably applies corrective forces to the leg. This three-point pressure can reduce compressive load on the damaged side of your knee and help maintain a more proper and healthy alignment of your leg when you walk, jog or run. The specific activities you perform while wearing the brace should be determined in consultation with the physician who prescribed the brace.

The Active Reliever is designed to allow you to be more active with less pain. By reducing the loading forces on your knee when you are weight bearing (standing, walking, running), the brace can produce positive benefits that include:

- 1) Less pain during activity and/or less pain, stiffness and swelling in the morning and evening.**
- 2) Increased activity can improve your overall health and help with weight control or weight loss.**
- 3) Reducing load on the damaged side of your knee to slow down the progression of the degeneration of your knee joint or to allow for healing after a surgery.**

Caution & Disclaimers

The Active Reliever is a medical device that is routinely prescribed by a physician and fit by a medical professional who can provide initial instructions and ongoing support. Specific instructions about the safe use of this product for general lifestyle activities should be provided by the physician or other medical professional. If you have sensitive skin, peripheral vascular disease, circulatory issues or a prior history of neuropathy, please discuss these issues with the physician or fitter before wearing the brace. You should IMMEDIATELY DISCONTINUE USE of this brace if there is any abnormal redness that lasts more than 10 minutes after removing the brace, or any skin irritation, bruising, blistering or abrasion. Also, if you experience any numbness, tingling or other indication of a loss of circulation to your leg or foot, IMMEDIATELY DISCONTINUE USE and contact the medical professional you fit the brace.

While this brace is intended to reduce symptoms of Osteoarthritis and provide mechanical support and off-loading of an injured or surgically repaired knee, actual patient results can vary. Proper fitting, application and use of the product is necessary. Because Townsend Design has no role in patient selection, fitting or instructing the patient, or supervising their care, the company cannot guarantee that every patient will experience the same benefits.

Care Instructions & Warranty

To Clean: Hand wash with mild soap or detergent and let air dry. DO NOT wash or dry in a machine. Check the hinge screws for tightness and retighten if needed. Lubricate the hinges with a dry lubricant as needed, especially after exposure to dirt or salt water. Always rinse the brace thoroughly with fresh water after exposure to salt water. Routine exposure to ocean water is not recommended due to damage it can cause to the sleeve and hinge. Straps, Velcro "Y" tab closures, buckles and the sleeve are all replaceable items. These components, and the entire brace, are covered by a replacement and/or repair warranty for one year after purchase so long as the patient has properly maintained the brace, made no abnormal alterations, and used the product for routine activities of daily living.





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Fitting Instructions

- 1) Loosen all straps by removing the strapping from the rectangular chafe at the end of each buckle. Open the upper thigh portion.



- 2) Slide the brace up the affected leg until the knee cap is centered in the patella opening of the brace.



- 3) With the knee fully extended, use the finger holes to pull together and secure the thigh section of the brace.



- 4) Insert the two lower straps through the rectangular opening at the end of each buckle. Tighten the strap and use the Velcro "Y" tab to secure the strap.



- 5) Follow the same procedure to tighten the thigh strap, inserting it through the end of the top buckle and adhering the Velcro "Y" tab to the strap.



- 6) With the knee flexed between 60-90 degrees, tighten the Corrective Force Strap. This strap begins at the top of the brace and extends down across the thigh and around the side and back of the knee inserting into the buckle just below the hinge. Tension the strap to provide corrective force.

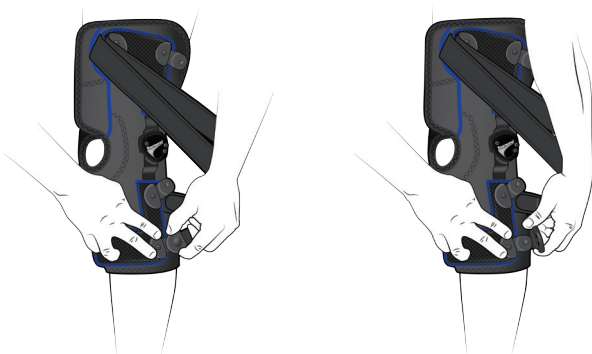


NOTE: Strap length is routinely adjusted by the medical profession who provides the brace. If, however, any strap is too long, the Velcro "Y" tab at the end of the strap can be removed and scissors can be used to shorten the strap. After the initial fitting and strap length adjustment, the brace can be secured and taken off the leg using the quick release buckles.



Velcro "Y" Tab

Removal Instructions



- 1) With the knee flexed, release the Corrective Force Strap by using the quick release buckle.
- 2) Use the quick release buckles to detach the other three straps.
- 3) Open the thigh section and slide the brace down leg.
- 4) Reattach the buckles before storing the brace.

