

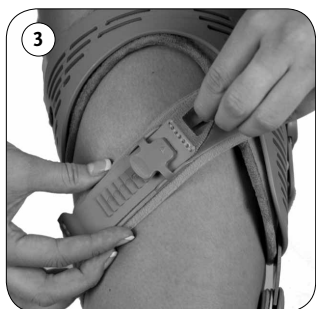
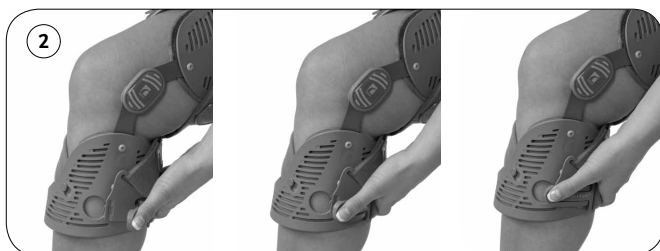
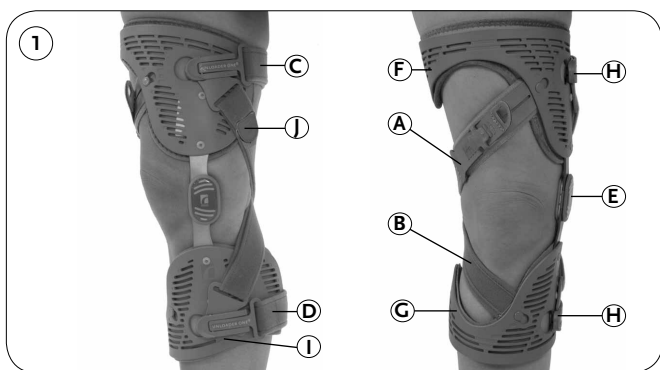
Instructions for use

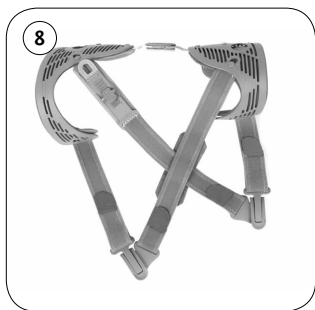
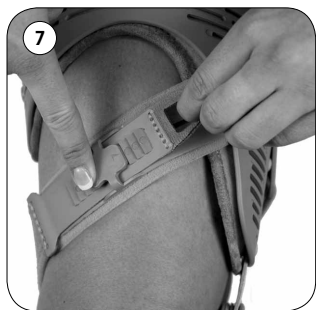


Unloader One®
OTS & Custom



Life Without Limitations®





LIST OF PARTS (Figure 1)

- A. Upper Dynamic Force System (DFS) strap with dosing ratchet
- B. Lower Dynamic Force System (DFS) strap
- C. Thigh strap
- D. Calf strap
- E. Polycentric hinge
- F. Thigh shell
- G. Calf shell
- H. Quick Fit Buckle
- I. Buckle Stability Shelf
- J. Alligator clip

UNLOADER ONE® INDICATION FOR USE:

- Unicompartmental Osteoarthritis
- May also be beneficial for unicompartmental knee conditions that require pain reduction in an affected compartment such as:
 - Articular cartilage defect repair
 - Meniscal cartilage repair
 - Avascular necrosis
 - Tibia plateau fracture
- Circumference limitation
 - Thigh circumferences smaller than 13.5" (34.3 cm) or larger than 29" (73.5 cm).
 - Calf circumferences smaller than 10" (25 cm) or larger than 24" (61.5 cm).

CAUTION:

- For patients with peripheral vascular disease, neuropathy, and sensitive skin, close physician supervision is recommended. For patients with sensitive skin, it is recommended to use the Unloader One® as tolerated. If redness appears decrease the usage of the brace. Increase usage slowly as the skin tolerates the brace.
- The Unloader One® is field adaptable to accommodate patient comfort issues. Modifications to flexion or extension stops and shell contour should only be made by the health care professional. The healthcare professional is responsible for advising patient on use of the Dynamic Force Control System.

BRACE APPLICATION

1. Open upper and lower Quick Fit Buckles.
2. Loosen the dosing ratchet to the "0" position.
3. Place the brace on patient's leg. Align the center of hinge at mid patella and midline of A/P (Figure 1).
4. Place button of lower Quick Fit Buckle into appropriate keyhole above Buckle Stability Shelf (Figure 2) and close carefully using the palm of the hand to snap the buckle closed.. The button is color matched with an identical blue color in the keyhole for intuitive strap selection.
5. Bend knee to an 80° angle with foot flat on the floor.
6. Place button of upper Quick Fit Buckle into appropriate keyhole and close carefully using the palm of the hand. The button is color matched with an identical yellow color in the keyhole for intuitive strap selection.
7. Tighten Dynamic Force Control System to a prescribed position (Figure 3). Practitioner will need to determine optimum unloading based on patient's pain relief feedback. The strap tension should be set to provide optimal pain relief once the dosing ratchet is set to the setting of "5".

8. Fully extend leg in a sitting position and make sure that brace is still aligned correctly on leg (**Figure 4**).
9. Ensure strap pad is positioned under strap crossing on non-ratcheted DFS strap in the popliteal and not wrinkled. Quick Fit Buckles may have to be opened to relieve strap tension and allow positioning of strap pad on non-ratcheted DFS strap. Remove Upper DFS strap with dosing ratchet and feed strap through strap pad (**Figure 5**).
10. If patient requires more or less unloading, adjust the tension of upper DFS strap accordingly with Dynamic Force Control System and/or lower DFS strap by adjusting length at thigh Quick Fit Buckle.
11. If Dynamic Force Control System has been pulled to its maximum and patient requires more pain relief, DFS straps may require shortening at the lower Quick Fit Buckle.
12. Keyhole locks may be inserted into calf and thigh shells if desired to ensure straps cannot accidentally be disengaged from shells (**Figure 6**).

NOTE: Have patient wear brace for a few minutes to make sure straps are at comfortable tension.

REMOVING BRACE

1. Sit with the knee flexed to 90 degrees.
2. Press button on Dynamic Force Control System to release tension on the upper DFS strap. Adjust the dosing ratchet back to a setting of "0" (**Figure 7**).
3. Open both upper and lower Quick Fit Buckle.
4. Remove Quick Fit Buckles from keyholes.
5. Remove brace from leg.

ONE-TIME STRAP LENGTH ADJUSTMENT (OPTIONAL):

1. Remove alligator clip and trim strap to desired length. Alligator clips should be positioned near the Quick Fit buckles, away from popliteal region (**Figure 5**).
2. Repeat for all straps.

RANGE OF MOTION ADJUSTMENT (ROM):

The device comes with a 0° extension stop installed. Additional extension stops of 5°, 10°, 15° and 30° have been provided. A flexion stop of 90° is also included.

NOTE: Optimal corrective forces are applied at full extension. If patient requires an extension stop change, make sure to readjust tension in DFS straps if more unloading is required.

TO CHANGE RANGE OF MOTION:

1. Peel condyle pad from hinge to expose screw.
2. Remove retaining screw.
3. Slide 0° stop out of hinge.
4. Insert desired extension stop.
5. Secure with retaining screw. (DO NOT OVER TIGHTEN)
6. To add flexion stop: follow steps 1 and 2, insert desired flexion stop, then follow step 5.

BRACE MAINTENANCE

Unloader One® pain relief device is designed for minimum maintenance and care. Follow these easy maintenance steps to keep brace in good condition.

CLEANING

- Liners may be wiped down in place with rubbing alcohol for a quick cleaning
- For more thorough cleaning: liners, straps and strap pads may be removed.
- To aid in strap application after cleaning, see **Figure 8** for final configuration.
- DO NOT MACHINE WASH.
- DO NOT PLACE IN DRYER.
- Hand-wash using mild non-detergent soap.
- Rinse thoroughly and air dry.

HINGE

- For safety reasons, hinge should only be disassembled by a health care professional.
- Check regularly for foreign materials in hinge (i.e. dirt or grass).
- Clean dirt from hinge using tap water and/or compressed air.

NOTE: If brace is used in salt water or chlorinated water, rinse well with fresh tap water and air dry brace. A regular service routine will ensure hinge, liners, straps and pads are in optimal working condition.

BRACE ACCESSORIES

Össur offers accessories that meet specific needs of the Unloader One®. These accessories can be purchased through the brace provider or Össur Customer Service Department.

- Extra Set of Liners
- Replacement Straps
- Strap pads
- Anti Migration System (AMS) wrap

NOTE: Undersleeves are NOT recommended as it may encourage migration of brace.

Össur Americas

27051 Towne Centre Drive
Foothill Ranch, CA 92610
USA
Tel: +1 (949) 382 3883
Tel: +1 800 233 6263
Fax: +1 800 831 3160
ossurusa@ossur.com

Össur Canada

120-11231 Dyke Road
Richmond, BC
V7A OA1, Canada
Tel: +1 604 241 8152
Fax: +1 604 241 8153

Össur Europe

Ekkersrijt 4106-4114
P.O. Box 120
5690 AC Son en Breugel
The Netherlands
Tel: +800 3539 3668
Tel: +31 499 462840
Fax: +31 499 462841
info-europe@ossur.com

Össur Europe BV

Kundenservice Deutschland
Augustinusstrasse 11A
50226 Frechen
Deutschland
Tel: +49 (0) 2234 6039 102
Fax: +49 (0) 2234 6039 101
info-deutschland@ossur.com

Össur Nordic

P.O. Box 67
751 03 Uppsala, Sweden
Tel: +46 1818 2200
Fax: +46 1818 2218
info@ossur.com

Össur UK

Building 3000
Manchester Business Park
Aviator Way
Manchester M22 5TG, UK
Tel: +44 161 490 8500
Fax: +44 161 490 8501
ossuruk@ossur.com

Össur Iberia S.A.

Parque Europolis
Calle Edimburgo n°14
28232 Las Rozas (Madrid) Spain
Tel: +34 91 636 06 93
Fax: +34 91 637 21 43
ortesica@ossur.com

Össur Asia

上海虹梅路1801号W16B 棟2楼
邮政编号: 200233
电话: +86 21 6127 1700
传真: +86 21 6127 1799
asia@ossur.com

Össur Asia-Pacific

26 Ross Street
North Parramatta
Sydney NSW
2152 Australia
Tel: +61 2 88382800
Fax: +61 2 96305310
info-asiapacific@ossur.com

Össur Head Office

Grjótháls 5
110 Reykjavík, Iceland
Tel: +354 515 1300
Fax: +354 515 1366
mail@ossur.com

