

Care and Maintenance

- Wash periodically by hand with a damp cloth and mild soap
- Use a towel to absorb most of the dampness and then allow to dry at room temperature.
- Do not hang up, or iron and do not expose to direct heat sources such as stoves, heaters, radiators, direct sunlight etc
- Do not expose to alcohol, ointments or solvents.



X-ROM2

Fitting Guidelines & Care Instructions



XROM IFU - Revision 4 - Jan 2024

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Single Patient Use



Not Fire Retardant



Features

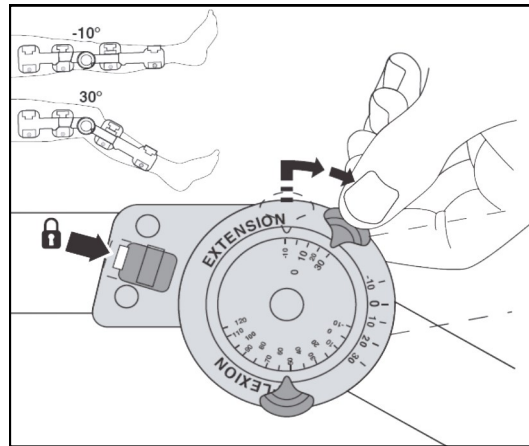
- Easily adjustable telescoping hinge bars - from 44 - 69cm (17" - 27")
- Rom hinge allows 0 - 120° flexion and -10 - +30° extension control, available in 10° increments
- One touch drop lock allows lock out at -10, 0, 10, 20 and 30°
- Silicone coated breathable pads keep the patient cool and prevent migration
- Strap locking tabs eliminate slippage
- Clip strap buckles for easy fastening
- Lightweight brace (under 2lb) for better patient compliance
- Universal - one size fits all patients
- Available in either Cool or Full Wrap models

Indications

- Combined instabilities/injuries
- Condylar/Tibial Plateau fractures
- Patella tendon, Meniscal or Osteochondral repairs
- High tibial osteotomy
- Post-surgery e.g. Total Knee Replacement

Adjusting the Range of Motion hinge

- The values of the extension limits can be selected between 10° of hyperextension and 30° of extension by pulling the plastic stop (C), sliding it to the desired position and reinserting.
- The values of the flexion limits can be selected between 10-120° of extension in the same way.
- The hinge can be locked by sliding the quick fastening button (D) down to any of the 5 blocking positions: 10° of hyperextension, 0° (neutral), 10°, 20° and 30° of extension



Size Table

Size	Cool Model	Full Model
Universal	XROM2C	XROM2F

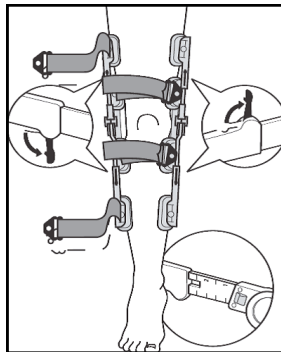
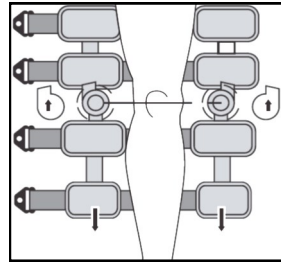
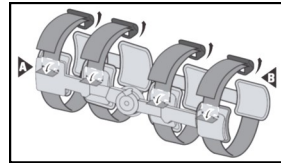
Fitting Instructions

The product should be fitted by your orthopaedic technician or in accordance with a doctor's advice. This advice is for the COOL version (FULL instructions below).

1. Lift the fastening clips of the straps (A) on one side of the brace and unfasten the buckles on the other side (B).
2. Separate the hinge bars and position the device with the knee centred between the hinges. Ensure that the hinges are pointed in the indicated direction, with the calf pads (the smaller ones) towards the feet.
3. Fasten the buckles of the two straps closest to the knee, without tightening.
4. For correct adjustment, loosen the friction clips on the side struts and slide the upper and lower telescoping hinge bars up or down to accommodate the leg. Close the friction clips to lock position. The selected length can be verified by looking at the length indicators on the hinge bars.
5. Once the friction clips have been locked down, the telescopic bar can be then double locked to stop the bar from slipping down. **IMPORTANT Use the Allen Key provided to tighten the sunken grub nuts that can be found on the opposite side of the friction clip.**
6. Fasten the buckles of the 2 remaining straps without tightening.
7. To tighten the straps, pull on them until there is no gap behind the leg. Be careful to maintain the lateral and medial positions of the hinge bars.
8. Close the fastening clips.
9. Then pull the straps through the buckles to tighten. Again, be careful to maintain the lateral and medial positions of the hinge bars.
10. Use the Y-tongues at the ends to fasten the straps. If necessary, remove the Y tongue, cut the strap to the required length and then reattach the Y-tongue.
11. Adjust the Range of Motion hinge - see instructions on opposite page.

FULL WRAP VERSION:

1. Separate the thigh and calf wraps from the orthosis
2. Position the thigh and calf wraps on the leg and cut off any excess as necessary
3. Follow the instructions above from point 2 onwards.



Additional Information

- LATEX FREE