

Guardian SPORT Rehabilitator®

Indications for Use:

- Knee Osteoarthritis
- Knee Instability
- MCL, ACL, LCL, Meniscus injury
- Knee Injury / Surgery Prehabilitation and Rehabilitation

Fitting Instructions:

1. While seated and with the leg extended, measure down 4” below the center of the kneecap and make a mark at the center of the shin.
2. Begin by opening each strap on the lateral side of the brace. (*It is not necessary to open the patella strap*) To open, press in on the center of the buckle until the clip is released.
3. With the leg extended, place the brace on the leg with the upper edge of the shin cuff placed at the 4” mark.
AIR CONDYLE PLACEMENT IS IMPORTANT TO CUSTOMIZE EVERY FIT TO ENSURE OPTIMAL BRACE COMFORT AND PERFORMANCE.
Both air condyles need to be aligned precisely at the middle of the leg. If the air condyles do not align with the middle of the leg:
 - a) Remove the hinge covers.
 - b) Carefully detach the condyle pocket (secured to the upright with hook and loop).
 - c) Re-attach the condyle pocket to be aligned precisely at the middle of the leg.
 - d) Replace the hinge covers.**HINT – Each condyle pocket includes a contoured pad designed to accommodate the bony prominence of the knee. Aligned properly, optimal comfort will be achieved. The axis of the brace hinge should be aligned with the axis of the knee joint**
4. Starting with the most distal bottom calf strap, secure the strap by inserting the tab at the end of the strap into the buckle on the cuff.
5. Next secure the most proximal upper thigh strap then the other bottom calf strap.
6. Stand and make sure the brace is fit properly with the shin cuff and air condyle pockets in the proper position.
7. Tighten the straps to comfort (in the same order as they were secured) to ensure that the brace doesn’t slip. **Tighten patella strap if necessary.**
8. **For Knee OA** - insert the clear end of the air actuator into the **UNLOADING** air condyle receptacle on the brace upright. **NOTE: the unloading air receptacle at the knee for a Varus deformity is on the lateral side and for a valgus deformity it is on the medial side.** Inflate the condyle until it applies a slight corrective force to the knee joint. Inflate to comfort.
9. Inflate the opposite air condyle with approximately one half of the amount of air to provide optimal pneumatic support of the knee joint.
10. **For knee instability** - inflate either air condyle to comfort. Repeat inflation of the opposite air condyle to provide optimal pneumatic support of the knee joint.
11. Stand and take a short walk. Adjust the straps and inflation of the of the air condyles as necessary to ensure a comfortable and proper fit.

Removing the Brace:

1. Before removing the brace, **ALWAYS REMOVE THE AIR** from the air condyles by inserting the black end of the air actuator into the air receptacle.
2. Starting with the bottom calf strap, undo the straps by releasing the buckles. Press in on the center of the buckle until the clip is released. Repeat this process for each strap in the same order as the straps were secured.

Flexion/Extension Control

If flexion or extension control is prescribed:

Unscrew the **red** flexion and or extension pin and remove post from the back side of the hinge. Replace the post and the pin in the desired flexion and/or extension hole. Tighten the pin.

Fitting Tips:

1. Air Condyle Pockets are secured to the hinges with hook and loop. If any discomfort is felt on the bony prominence of the knee, remove hinge covers and simply loosen the condyle pad and pocket from the side bar and reposition to achieve a comfortable fit.
2. The brace comes with the foam contoured condyle pads inside the air condyle pockets. If the brace feels tight at the knee after fitting, the foam pads can be slightly reformed and/or completely removed to provide optimal comfort. To reform, remove from pocket and manipulate with hands to reform as necessary.
3. **EXTENSION ASSIST** - Extension assist elastic bands have been provided. These bands can be applied to the brace uprights for patients exhibiting Arthrogenic Muscle Inhibition or quadriceps avoidance gait. The appropriate amount of extension assist should be determined by an individual with specialized training.

Contraindications:

The Sport Rehabilitator® should not be applied if any part of the device comes in contact with an open wound. The patient must be ambulatory to benefit from the use of the Sport Rehabilitator®. The brace should not be applied if significant knee swelling negatively affects a properly fit brace.

Cleaning the Brace:

Straps, Bladder Pockets, Hinge Covers – Remove from brace. Close all hook and loop closures. Hand wash with mild detergent in cold water. Air dry. **DO NOT USE WASHER AND DRYER.**

Brace Frame, Air Bladders, Foam Pads – Wipe clean with damp cloth or antimicrobial wipe only.

WARNING:

The product should be fit by trained personnel. The product is designed for single patient use only in order to avoid cross contamination. Any substitution or removal of the product’s parts voids the manufacturer’s warranty. OCSI Inc. will assume no liability if the above instructions are not followed.



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