

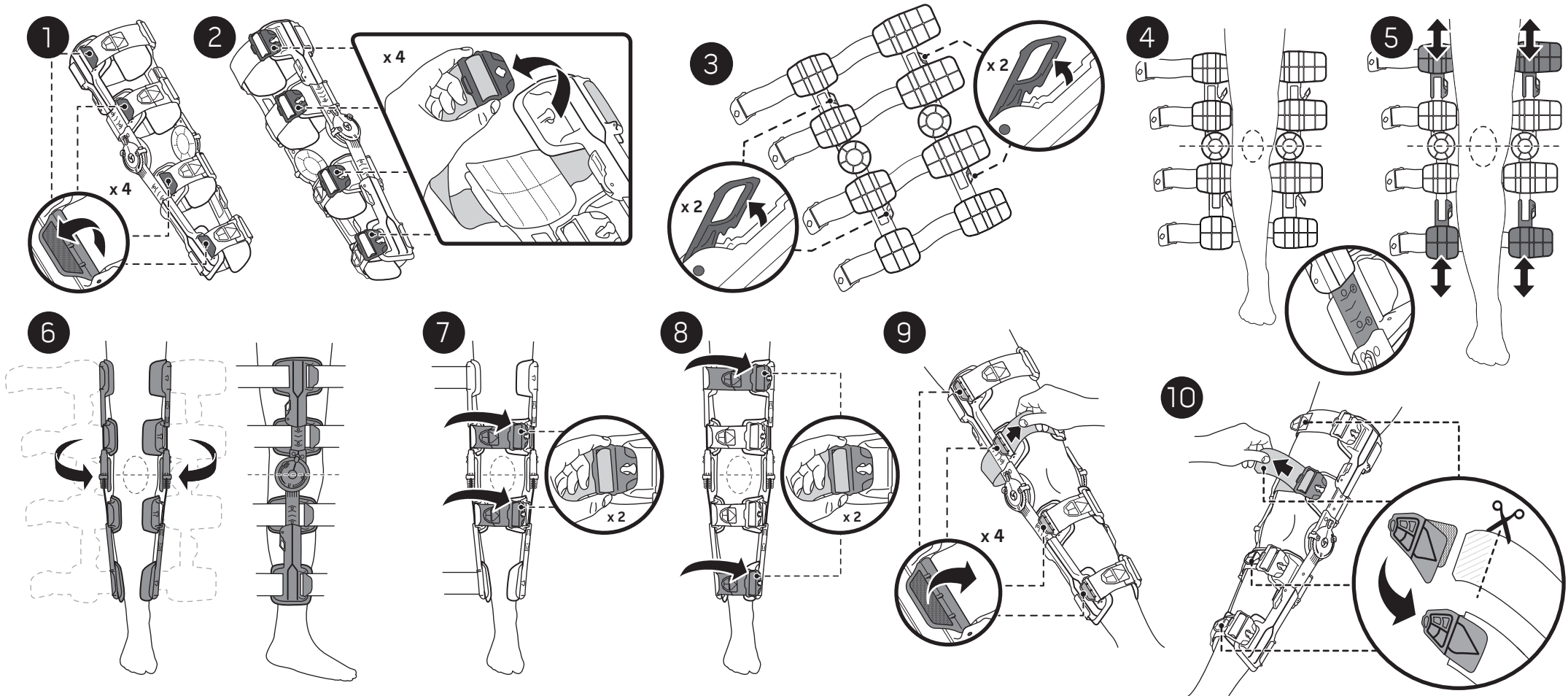
# Ascender® Telescopic ROM Knee Brace



## Fitting Instructions

Product Code: ASC/10

Universal: Fits Left or Right leg



1. Unfasten the hook strap clips. 2. Unclip the buckles. 3. Open the brace and lay flat with the pads facing upwards. Release the clamps to allow the telescoping bars to be adjusted. 4. Position underneath the leg, aligning the hinge centrally with the knee. *Note: The smaller calf pads must be towards the foot.* 5. Adjust the telescoping bars to the correct length and fit the patient's leg. The circled numbers and marker lines can be used as a guide on each side. Close the clamps back over to lock the selected length. 6. Wrap the brace into position on both sides of the leg, centering the ROM hinge at the knee joint. 7. Loosely fasten both of the straps which are closest to the knee. 8. Loosely fasten the other 2 straps. 9. Tighten all the straps firmly, ensuring there is no slack around the circumference of the leg and fasten the hook strap clips. 10. Pull the straps through the buckles to tighten. *Note: It may be required to shorten the straps - simply remove the Y-tab, trim strap to correct length and reattach the Y-tab in position.*

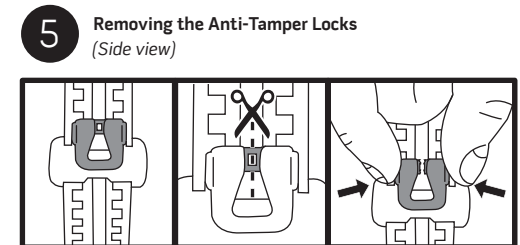
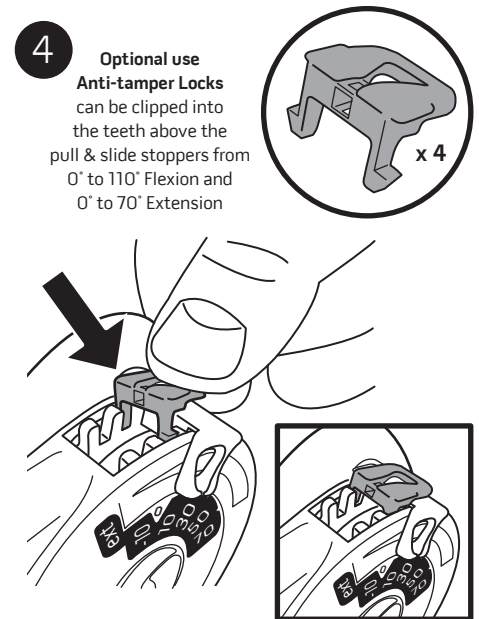
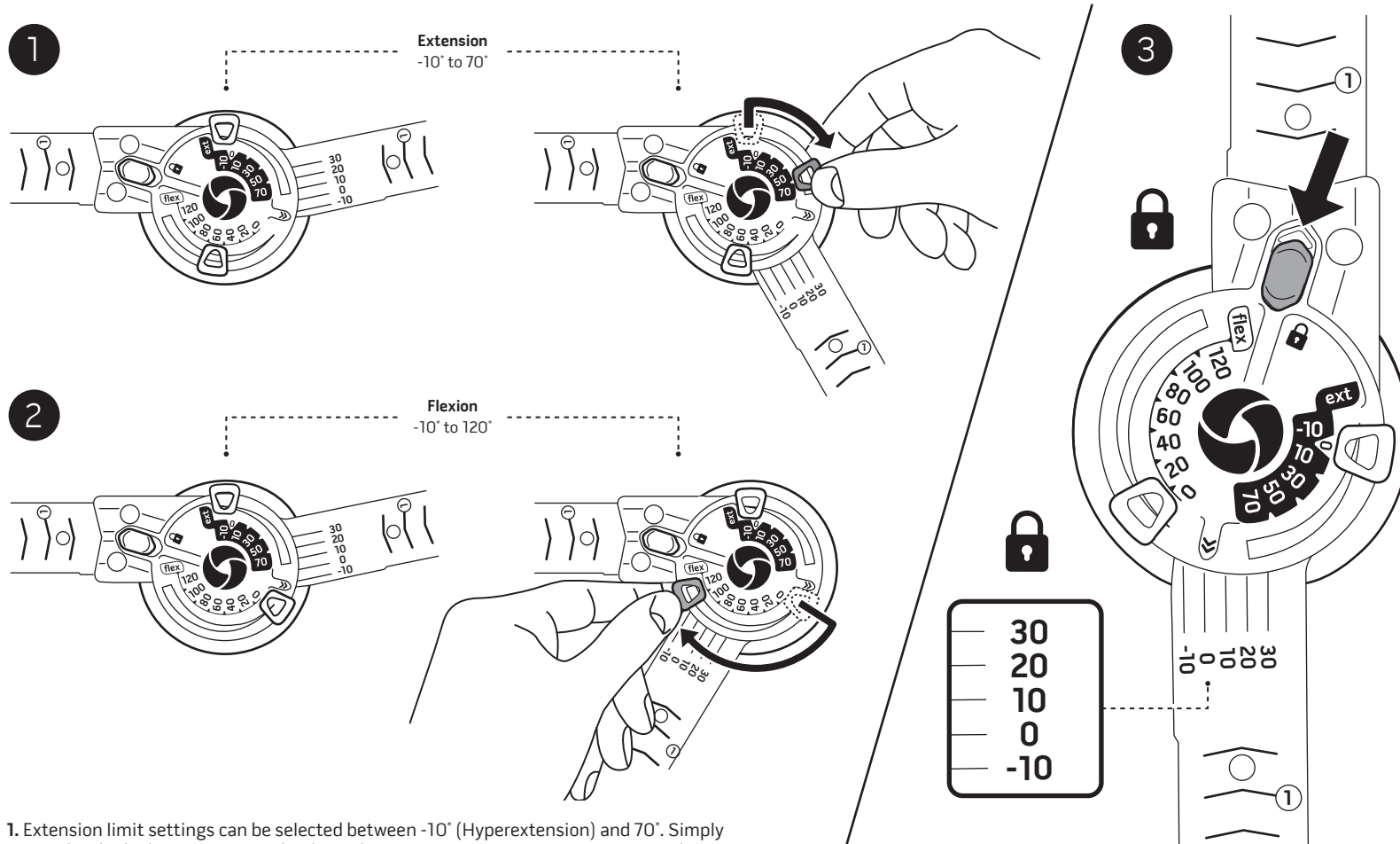
**Important:** The Initial fitting of this brace must be carried out by a healthcare professional.

# ROM (Range of Motion) Adjustments

## Instructions

Product Code: ASC/10

Universal: fits Left or Right



1. Extension limit settings can be selected between -10° (Hyperextension) and 70°. Simply pull and slide the blue stopper to the desired position. 2. Flexion limit settings can be selected between -10° and 120°. Simply pull and slide the other blue stopper to the desired position. 3. The hinge can be locked by sliding the lock button to the locked position at any of the 5 settings: -10° (hyperextension) 0° (Neutral), 10°, 20°, 30° of flexion.

### Removal and Re-application

After initial fitting, the Ascender® can be removed and re-applied simply by unclipping the buckles only (see Step 2 overleaf).

### Care Instructions

Hand wash the pads and straps with mild detergent and allow to air dry. Do not machine wash.

**Important:** The flexion / extension settings must be determined by a healthcare professional. Before fitting, check that the hinge locks in position when sliding the lock button to the locked position at any of the 5 settings: -10° (hyperextension) 0° (Neutral), 10°, 20°, 30° of flexion. It should not be possible to rotate the hinge when locked.



This product is intended for use on a single patient  
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