

10. D-ring
11. Condyle pad

### INDICATIONS FOR USE

The brace is indicated for combined and non-combined instabilities of the: Anterior cruciate ligament (ACL), Medial collateral ligament (MCL), Lateral collateral ligament (LCL), Posterior cruciate ligament (PCL); & conditions requiring unicompartmental load control.

### CONTRAINDICATIONS

None known.

### INTENDED USE

This kneebrace is intended for individuals requiring extra knee joint support, individuals with ACL, MCL, LCL, PCL and combined instabilities, participants in low to high impact activities and sliding sports, and everyday athletes.

### GENERAL SAFETY INSTRUCTIONS

This knee brace is a supportive knee brace only. It is not intended or guaranteed to prevent knee injury.

The purchaser agrees to the following:

1. Össur accepts no responsibility for any injury which might occur while using Össur knee bracing products.
2. With use of this type of device, it is possible to receive various types of skin irritation, including rashes and pressure points. If you experience any unusual reactions while using this product, consult your health care provider immediately.
3. If you have any questions as to how this knee brace applies to your own specific knee condition, consult your health care provider.
4. If brace causes discomfort, irritation, or is damaged, discontinue use immediately and contact your health care provider.
5. This brace is single patient use only. If you do not agree to the above conditions, contact your brace provider before using this product.

**WARNING:** If there is a change or loss in device functionality or if the device shows signs of damage or wear hindering its normal functions, the patient should stop using the device and contact a healthcare professional.

### FITTING INSTRUCTIONS

#### Brace Application

1. Unfasten straps #1, #2, #3 and #4. Loosen strap #5 (Figure 2).
2. With the knee bent in approximately 90 degrees, place the brace over your knee such that the patella is centered between the condyle pads. (Figure 2) Note: This places the Össur hinge alignment guide (center of the hinge) slightly above the joint line so the brace can properly seat itself when you stand. (Figure 3)
3. NOTE: All straps can be trimmed or adjusted to length.
4. Fasten the lower cruciate strap just below the knee. Fasten the strap snugly above the calf muscle as this will aid in the brace suspension. (Figure 4)

5. Snugly fasten the bottom strap by inserting it through the D-ring.
6. Snugly fasten the upper cruciate strap above the knee.
7. Snugly fasten the top strap. Note: Over-tightening the two top straps can cause the brace to migrate.
8. Tightly fasten tibial strap #5, while making sure it fits comfortably. After fitting, the tibial strap will only need to be readjusted to improve brace comfort/suspension (Figure 5).

For more helpful information including fitting videos, scan the unique QR code located on the outside of the brace frame.

### Brace Adjustments

#### Adjusting Pad and Strap Length:

For optimal fit and comfort, ensure the strap pads are centered on the leg when tightening straps.

If a strap pad is too long, remove the pad from the strap and use scissors to shorten the pad.

To adjust the length of a strap, detach the alligator clip at the end of the strap.

Adjust the length as necessary and reattach the alligator tab to the strap.

#### Adjusting the Brace Contouring:

The Rebound DUAL brace can be adjusted to individual anatomies. Use bending irons to cold form the aircraft grade aluminum frame to fit different thigh and calf shapes.

#### Adjusting the Varus / Valgus angle of the Brace:

The brace can be adjusted for individual varus or valgus angles and to create an offloading force to either the medial or lateral compartment.

- To adjust the angle, loosen the screws on the desired side of the brace and slide the upper frame to the desired position with a steady force.
- Adjust the medial upper frame to offload the medial compartment or adjust the lateral upper frame to offload the lateral compartment. The slide bar has a lettered scale and may be moved to increase or decrease the amount of varus or valgus force on the leg. (Figure 6). The lettered scale does not relate to degrees of offloading and should be used as a guide.
- Retighten the screws until snug (recommended torque value of 3 in-lb).
- All adjustments should be determined by a healthcare provider, in accordance with the patient's comfort level. Each time the brace is adjusted, the healthcare provider should note the letter for a record of progression.

#### Adjusting the Height of the Brace:

- The brace can be adjusted for individual height requirements.
- The brace height can be adjusted by loosening the screws on both sides of the upper frame and

## ENGLISH



Medical Device

### PRODUCT DESCRIPTION

Rebound DUAL Basic knee brace is a functional support for knee ligament instabilities.

List of Parts (Figure 1):

1. Top Strap
2. Upper Cruciate Strap
3. Lower Cruciate Strap
4. Bottom Strap
5. Anterior Tibial Strap
6. Upper Frame
7. Lower Frame
8. Acculign™ Hinge Arm
9. Acculign™ Hinge Arm Screw

pulling the frame up with a steady force (**Figure 6**). Ensure the brace is properly aligned by checking that both hinge arms are located on the same position on the medial and lateral hinge arm.

- Retighten the screws until snug.

**Range of Motion adjustment (ROM)** (optional accessory, not included):

The brace has 0° extension stops attached to the hinges. If needed, range of motion can be adjusted using the extension and flexion stop kits.

Extension and flexion stop kits are available separately for order.

To install a kit:

1. Remove the condyle pads from the medial and lateral hinges. Remove retaining screws.
2. Using a short Philips head screwdriver, slide the 0° stop out of the hinge on both sides.
3. Re-apply the desired extension stop and gently secure it with the retaining screw.
4. Repeat steps to change the flexion stop.

**NOTE:** Do not overtighten retaining screw.

**PCL Strap Attachment** (optional accessory, not included):

The PCL kit is designed to counteract posterior subluxation of the tibia. Trim and adjust the PCL strap for proper fit.

Attaching PCL Strap – Acculign version

1. Note height position on medial and lateral hinge arms.
2. Remove hook-and-loop fastener to access connection area.
3. Remove Acculign hinge screws.
4. Remove Acculign hinge d-Ring.
5. Position PCL Acculign hinge d-ring.
6. Position PCL Acculign hinge inserts with raised portion into recessed pocket.
7. Return frame to initial positions on hinge arms.
8. Tighten Acculign screws.
9. Reapply hook-and-loop fastener.
10. Attach PCL strap.

## TROUBLESHOOTING

Proper anterior/posterior placement will help prevent migration and ensure proper brace suspension.

- If the brace is too anterior, loosen the anterior tibial strap and tighten the lower cruciate and bottom straps.
- If the frame is too posterior, loosen the lower cruciate and bottom straps and tighten the anterior tibial strap.
- Pay attention to ensure the hinge is positioned correctly. Incorrect positioning may result in the brace slipping down.
- Incorrect positioning or fastening the straps in the wrong order may result in slippage of the brace

## PRODUCT CARE

Follow the steps below to keep your brace in a good condition.

## Cleaning

Liners, straps and pads can be removed for cleaning.

Hand-wash using mild non-detergent soap.

Rinse thoroughly

Air-dry

If the brace moves, clean lower liners and pads with an alcohol wipe or damp cloth.

## NOTES:

- Do not machine wash
- Do not tumble dry

## Hinge Maintenance

Regularly check the hinge for dirt, debris or similar contamination. Remove dirt, debris or similar contamination carefully using water or compress air.

**NOTE:** Do not disassemble the hinge.

## REPLACEMENT PARTS

- Condyle Pads
- Liner Kits
- Strap Kits

## OPTIONAL ACCESSORIES

- Range-of-motion (ROM) Kit
- PCL Kit

## REPORT A SERIOUS INCIDENT

**Important notice to users and/or patients established in Europe:**

The user and/or patient must report any serious incident that has occurred in relation to the device to the manufacturer and the competent authority of the Member State in which the user and/or patient is established.

## DISPOSAL

The device and packaging must be disposed of in accordance with respective local or national environmental regulations.

## LIABILITY

Össur does not assume liability if the device is not maintained as instructed by the instructions for use, if the device is assembled with components from other manufacturers, or if the device is used outside of recommended use condition, application, or environment.

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

Össur UK Ltd  
Unit No 1, S:Park  
Hamilton Road  
Stockport SK1 2AE, UK  
Tel: +44 (0) 8450 065 065  
ossuruk@ossur.com

Össur Europe BV  
De Schakel 70  
5651 GH Eindhoven  
The Netherlands  
Tel: +800 3539 3668  
Tel: +31 499 462840  
info-europe@ossur.com

Össur Deutschland GmbH  
Augustinusstrasse 11A  
50226 Frechen  
Deutschland  
Tel: +49 (0) 800 180 8379  
info-deutschland@ossur.com



Össur hf.  
Grjótháls 1-5  
110 Reykjavík  
Iceland

www.ossur.com

Össur Canada  
2150 – 6900 Graybar Road  
Richmond, BC  
V6W 0AS , Canada  
Tel: +1 604 241 8152

Össur Nordic  
Box 770  
191 27 Sollentuna, Sweden  
Tel: +46 1818 2200  
info@ossur.com

Össur Iberia S.L.U  
Calle Caléndula, 93 -  
Miniparc III  
Edificio E, Despacho M18  
28109 El Soto de la Moraleja,  
Alcobendas  
Madrid – España  
Tel: 00 800 3539 3668  
orders.spain@ossur.com  
orders.portugal@ossur.com

Össur Europe BV – Italy  
Via Baroaldi, 29  
40054 Budrio, Italy  
Tel: +39 05169 20852  
orders.italy@ossur.com

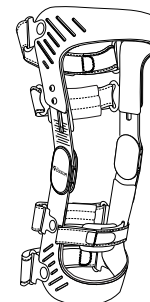
Össur APAC  
2F, W16 B  
No. 1801 Hongmei Road  
200233, Shanghai, China  
Tel: +86 21 6127 1707  
asia@ossur.com

Össur Australia  
26 Ross Street,  
North Parramatta  
NSW 2151 Australia  
Tel: +61 2 88382800  
infosydney@ossur.com

Össur South Africa  
Unit 4 & 5  
3 on London  
Brackengate Business Park  
Brackenfell  
7560 Cape Town  
South Africa  
Tel: +27 0860 888 123  
info@ossur.com



**ÖSSUR**<sup>®</sup>  
LIFE WITHOUT LIMITATIONS



Instructions for Use

REBOUND DUAL BASIC