

## ENGLISH

**MD** Medical Device

### PRODUCT DESCRIPTION

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

#### List of Parts (Figure 1):

1. Lower Shin Strap #1
2. Upper Thigh Strap #2
3. Lower Thigh Strap #3
4. Upper Shin Strap #4
5. Calf Strap #5
6. Upper Frame
7. Lower Frame
8. D ring
9. Condyle pad
10. PCL Slot

#### 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)

#### CONTRAINDICATIONS

None known.

#### INTENDED USE

Target group includes 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. Bend your knee to between 30 - 45 degrees, step through the brace, and then slide it up your leg. Align the Össur hinge alignment guide (middle of the hinge) with top of the knee cap. Make sure the condyle pads are in full contact with the knee (Figure 3).
  3. Insert lower shin strap #1 through the D ring and fasten tightly (Figure 4).
  4. Insert upper thigh strap #2 through the D ring and fasten (Figure 5).
  5. Then fasten lower thigh strap #3. Tightening the lower thigh strap #3 will pull the hinges towards the back of the knee.
- NOTE:** Do not overtighten the two top straps as this can make the brace move. (Figure 6).
6. Insert upper shin strap #4 through the D ring and tighten until the hinges are aligned with the midline of the knee. Readjust strap #3 if necessary (Figure 7).
  7. Tightly fasten calf strap #5, while making sure it fits comfortably. After fitting, the calf strap will only need to be readjusted to improve brace comfort/suspension (Figure 8).
  8. When standing, the brace should fit the leg with no larger gaps. The hinge should be aligned with the middle of the knee cap. Seen from the side, the center of the hinges are aligned with the knee midline (Figure 9).

##### 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 Basic ST 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.

###### Range of Motion adjustment (ROM):

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:

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

Attaching PCL Strap:

1. Take the end of the PCL strap with the alligator clip and loop it through the PCL slot on the brace frame. Alligator clip will close on the inside of the strap. Trim strap if necessary (**Figure 10**).
2. Loop the other end of the PCL strap through the frame. Fasten strap and secure it onto the outside of the strap (**Figure 11**).
3. Place the adjustable pad in the middle of the strap. Trim the strap pad if needed.
4. Fully extend the leg. Tighten the strap, securing the pad.

### TROUBLESHOOTING

- If the brace is too far in the front, loosen the upper shin strap #4, and then tighten the calf strap #5 and lower thigh strap #3.
- If the frame is too posterior, loosen the calf #5 and lower thigh #3 straps and tighten the upper shin strap #4.
- 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 compressed 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.  
Griðhóls 1-5  
110 Reykjavík  
Iceland

www.ossur.com

Össur Canada  
2150 – 6900 Graybar Road  
Richmond, BC  
V6W 0A5 , 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

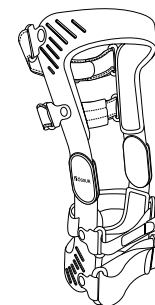
Össur APAC  
2F, W16 B  
No. 1801 Hongmei Road  
200233, Shanghai, China  
Tel: +86 21 6127 1707  
asia@ossur.com

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



  
LIFE WITHOUT LIMITATIONS



Instructions for Use

REBOUND DUAL BASIC ST