



REBOUND® PCL CUSTOM  
REBOUND® PCL

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Patient Guide

Rebound PCL is a dynamic brace that is prescribed by your healthcare professional after a Posterior Cruciate Ligament injury. The brace has a unique Dynamic Tension System (DTS), which applies a physiologically correct dynamic force to your PCL during rehabilitation. Insufficient healing after PCL injury can lead to significant pathologies, such as chronic knee pain, chronic instability, and disability or knee osteoarthritis. Therefore, it is essential that you learn to put it on correctly to ensure adequate support for your knee and optimal comfort. Applying it is easy when you follow the instructions.

## FITTING INSTRUCTIONS

### Device Application

To start, unfasten all the straps on the front of the brace and the anti-migration system (AMS) strap.

- 1.** The leg must be fully extended when you apply the brace. Place the brace on your leg with the hinges on each side of your knee. The hinges should be placed at the same height as the centre of your knee.
- 2.** Fasten the AMS strap just below the knee. The strap needs to be fastened snugly, as this will aid in brace suspension.
- 3.** To help hold the brace in place, loosely attach the lower thigh strap.

- 4.** Next, snugly fasten the bottom strap while centring its shin pad.
- 5.** Fasten the upper thigh strap.
- 6.** Re-fasten the lower thigh strap just while centring its thigh pad.

### Device Removal

When removing the brace, undo each strap, followed by the AMS strap, and ensure that you touch the hook-and-loop tab back onto the strap. This will make it easier when fitting the brace next time and will prolong the lifetime of the straps.



## Washing Instructions

- The liners, straps and pads may be removed for cleaning. Hand wash in lukewarm water (30° C) using mild detergent soap
- Do not use bleach or fabric softeners.
- Do not machine wash
- Do not tumble dry
- Rinse thoroughly
- Air dry

If migration occurs, clean silicone liners with an alcohol wipe or damp cloth.

If the brace is used in salt water or chlorinated water, rinse well and air dry.

## Hinge Maintenance

- Do not disassemble the hinge
- Check regularly for foreign materials in the hinge (i.e. dirt or grass)
- Carefully clean dirt from the hinge using water or compressed air

Contact your healthcare professional if the brace causes discomfort or any problems.

This Patient Guide is supplementary to the Rebound® PCL Instructions for Use (IFU). Please refer to the IFU for more product details, including indications for use, contraindications and warnings.



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