

**INSTRUCTIONS FOR USE**



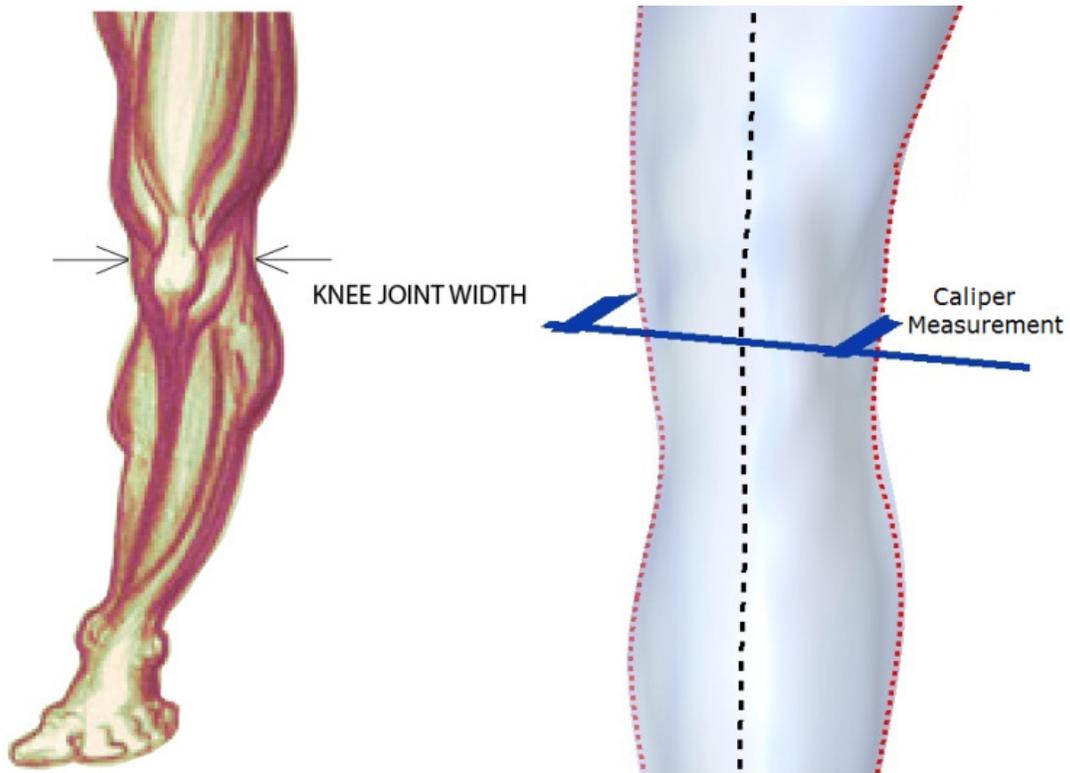
**MATRIX PRO KNEE BRACE**



MATRIX LITE KNEE BRACE

**SIZING CHART:**

Measure your knee joint width when the leg is in an even, weight bearing (straight leg) position. Use the following table as a guide to arrive at the brace size for your leg.



Size	Knee Joint Width (Inches)	Knee Joint Width ( CM )
Small	3.5"-4"	8.89 - 10
Medium	4"-4.5"	10 - 11.43
Large	4.5"-5"	11.43 - 12.7
X-Large	5"-5.5"	12.7 - 13.97

This sizing chart is provided only as a guide. Use the brace size that is most comfortable for you.

## **STRAPPING THE BRACE:**



Strapping: How to strap the brace on the leg is important for both comfort and function. With the knee in bent position, as shown in the picture, place the brace over the knee so that the knee cap is centered between the hinges. Fasten the straps in the following sequence. Straps are numbered in the picture.

1. Fasten the lower cruciate strap. This is the strap just below the knee joint. Adjust the strap until it is snug and above the calf muscle.
2. Fasten the bottom most strap. Adjust it until it is snug.
3. Fasten the upper cruciate strap. This is the strap just above the knee joint.
4. Finally, fasten the top most strap.
5. Fasten snugly and ensure the straps are comfortable. Do not over tighten.

Un-Strapping: Unfasten straps in any order, from the outside of the leg (lateral side). After removing the brace, fold back the hook tab onto the strap. This avoids strap entanglement and additional wear.

**WARNING:** If the brace causes discomfort or irritation, at any point, stop using the brace immediately and contact your health care provider.

## **CHANGING EXTENSION STOPS:**



Inside View: Screw holding the stop

The Matrix knee braces come installed with number 0 (zero) stops in both hinges, allowing full range of motion. The included kit comes with a full set of extension stops (Ex0-Ex5). Stops 1 and 2 limit extension by approx. 5 deg each from the previous stop, while stops 3 through 5 limit extension by 10 deg each from the previous stop. Extension Stop Table to the left shows the limits of each stop, in degrees.

Please use the steps below for changing the extension stops.

1. Remove the hinge cover by removing the two screws holding the hinge cover. Screw driver is provided in the kit that comes with the brace.
2. Remove the fabric hinge cover and then the foam pad on the inner side to see the screw holding the extension stop.
3. Remove the screw holding the extension stop. Once the screw is off the stop, remove the plastic extension stop.
4. Placing the new extension stop in between the frames, line up the holes of the inner plate and the extension stop, attach the screw to the stop.
5. Install the screw into the extension stop. Do not over tighten the screw.
6. Change the extension stop on the other hinge using the steps described above. Install the foam pad and the fabric condyle cover. Please note that the same numbered extension stop must be installed inside both hinges.
7. Make sure that the extension stops are installed in the identical direction as the one you removed.
8. Install both hinge covers using the two screws. Brace is now ready to use.

**Warning:** Do not use the brace without extension stops installed properly inside both hinges.

**EXTENSION STOP TABLE**

<b>EXT STOP</b>	<b>ANGLE (APPROX)</b>
EX0	Zero-Full Extension
EX1	0-5 Degrees
EX2	5-10 Degrees
Ex3	10-20 Degrees
Ex4	20-30 Degrees
Ex5	30-40 Degrees
suggested angles are approximations only	

## **BRACE MAINTENANCE:**

While the Matrix knee braces are designed for minimal maintenance and care, following the steps below will help maintain the braces, giving you extended use of the brace.

### *Maintenance*

- Do not disassemble the hinges or buckles
- Check regularly for foreign objects in the hinges
- Clean dirt from hinges using water or compressed air
- Lubricate the hinges, with oil or silicone spray, if necessary

### *Washing*

- Straps and Pads may be removed for occasional cleaning
- Rinse thoroughly. Hand wash using mild non-detergent soap. Air dry in the shade.
- Do not machine wash or place in the dryer
- If the product is used in salt water or chlorinated water, rinse well and air dry in the shade.



**Accessories (not shown):** While extension stop and fit adjustment kits come standard with the brace, other accessories may not be standard. Please contact your distributor to purchase accessories that are not supplied with the brace.

- Extension Stop Kit - Used to limit extension; range 0 degrees to 40 degrees in approximately 10 degree increments.
- Fit adjustment Kit - additional foam pads and shims that allow for limited fit customization
- Patella Cup System - Knee cap protection system designed for motocross, biking and other activities that require protection of knee cap.
- Non-slip Wrap (NSW) - This optional wrap is used to prevent brace slippage.
- Flexion Stop Kit - Used to limit range of motion in flexion; range: 45 degrees to 105 degrees in approximate 15 degree increments.

Please refer to the website [www.matrixbracing.com](http://www.matrixbracing.com) for additional details and instructional videos.

**LIMITED WARRANTY:** The brace comes with limited 1 year warranty for the frames and the hinges. All other parts including straps and pads come with six month limited warranty. Warranty period starts from the date of original purchase. Local distributor will repair or replace, at its discretion, any defective part covered under warranty at no charge. Warranty does not cover damages that are a result of normal wear, accident, negligence, misuse or abuse by the purchaser. In addition, collateral and incidental damages are not covered under this warranty. Only the original purchaser is entitled to claim service under this limited warranty.

**WARNING:** The Matrix knee brace you have received is a supportive brace only. It is in no way guaranteed or intended to prevent knee injuries. The purchaser agrees to the following conditions:

1. The manufacturer accepts no responsibility for any injury incurred while using any Matrix knee brace products. The user assumes all risk associated with any activity that may cause injury or death or damage to property and waives all claims against the manufacturer.
2. The manufacturer does not make any guarantees, express or implied, regarding the fitness of any Matrix knee brace product for any particular purpose.
3. In addition, the manufacturer makes no guarantees, express or implied as to the extent to which the Matrix knee brace products protect the user or property from injury or death or damage.
4. With usage of this type of a product, it is possible for the wearer to receive various types of skin irritation, including but not limited to, rashes and pressure points. If you experience any adverse or unusual reaction while using this product, please consult your healthcare provider immediately.
5. If you have questions related to how this knee brace product is applicable to your specific needs or knee condition, please consult your health care provider.