

CDS® Knee Extension/Flexion Braces

Fitting Instructions for Users & Carers



Brace Orthopaedic website



CDS Knee Extension/Flexion Braces



CDS Knee Braces Fitting Instructions
Digital Version



Brace Orthopaedic, Unit 8, Evans Business Centre, Orion Way, North Shields, Tyne & Wear NE29 7SN

TELEPHONE: 0191 258 8944 FACSIMILE: 0191 258 8946

EMAIL: sales@braceorthopaedic.co.uk WEBSITE: www.braceorthopaedic.co.uk



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CDS® Knee Extension & Flexion Brace

Putting the Brace on

Place the brace on your leg from above ①. Then fasten the straps ② in the following order:

- Fasten the upper calf strap ③
- Fasten the upper strap at the back of the thigh ④
- Fasten the lower strap at the back of the thigh, next to the knee ⑤
- Fasten the lower calf strap ⑥



- To activate the spring tension, turn the green switches on both hinges to **ON** ⑦
- Then, if you are using the **CDS® Knee Extension** brace, bend your knee into flexion ⑧, until you feel a slight resistance you have to overcome, in order to activate the spring tension.
- Alternatively, if you are using the **CDS® Knee Flexion** brace, straighten your knee into extension ⑨, until you feel a slight resistance you have to overcome, in order to activate the spring tension.
- In either case you will hear the clicks from the two hinges and the tension will be activated.

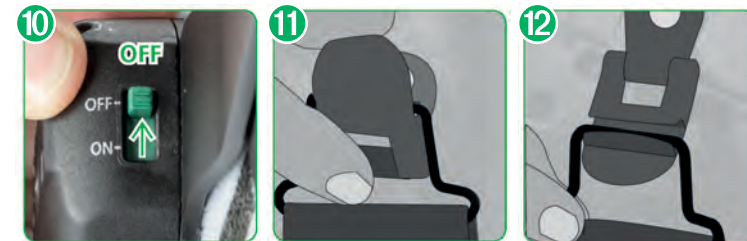


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Removing the Brace

Before removing the brace, you have to deactivate the spring tension.

- To do so, turn the green switches on both hinges to **OFF** ⑩
- Then, if you are using the **CDS® Knee Extension** brace, **bend** your knee into a **small** amount of **flexion** (**Not Fully**).
- Alternatively, if you are using the **CDS® Knee Flexion** brace, **straighten** your knee into a **small** amount of **extension** (**Not Fully**).
- In either case you will hear a series of clicks from the two hinges and the tension will be deactivated.
- Fasten the lower calf strap ⑥



- Then open the clips ⑪, ⑫ in any order, **Without undoing the straps**.
- Finally, remove the brace from the top.

DIRECTIONS FOR USE:

Closely follow the instructions provided by your clinician.