



**THUASNE**

**BOLD** Knee Brace



**TOWNSEND**

THUASNE USA

## Medical Professional Instruction Guide

Photos for how to fit BOLD Knee Brace are included on the patient instruction form that was shipped with this brace. Please review these instructions with the patient as part of the initial fitting procedure to ensure the patient understands how to put on the brace. The patient instruction form also describes brace maintenance and warranty information.

### Contouring the brace

The central superstructure of the BOLD brace is ultra high strength aluminum. The design of the aluminum frame – directly above and below the hinges – is not intended to intimately contour to the leg. Bending or shaping the brace is not required or recommended. It is only at knee center, and at the proximal and distal ends of the brace, where brace-to-leg supportive contact is important. The black polymer segments will self-contour to the limb when the straps are tightened. Thicker condylar pads are provided to fill voids and/or apply additional pressure to the sides of the knee – more so for proprioception than functional control.

### Adjusting strap length

During the initial application, you may need to reduce the length of the straps. We recommend that you leave the straps as long as possible so the Velcro hook tab overlaps more of the strap. This will extend the life of the strap, as the patient can cut the strap shorter in the future and the hook tab will then adhere onto unworn fibers. If the strap needs to be shortened a little initially, the straps are laminated so they can be cut to any length without separating. To shorten the straps, simply remove the Velcro hook tab attached to the end of the strap, cut the strap, and reapply the hook tab. Please be careful not to cut the strap too short. You also need to reduce the length of the comfort pad that is on the inside of any strap you shorten. If a pad is left too long, it may prevent the patient from completely tightening the strap.

### Installing extension and flexion stops

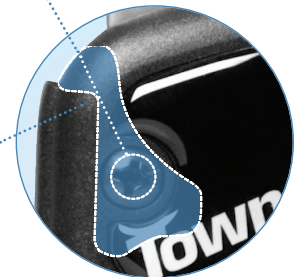
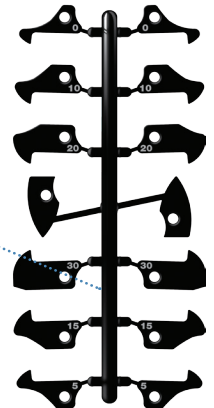
Removable 0 degree extension stops were installed during fabrication. A kit provided with the brace includes 5, 10, 15 and 20 degree extension stops and an Allen wrench. Follow the instructions (below) if you need to reduce extension. If the optional flexion stop kit was ordered, instructions for adjusting flexion stops are also provided below.

### Extension Stop Instructions

(An extension stop kit ships with every brace.)

At the time of fabrication, a zero degree extension stop has been installed in the TM5+ Hinge. To install a different extension stop, follow these instructions:

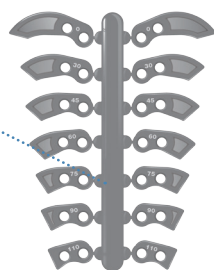
- 1) Twist off the desired stop from the nylon stop tree.
- 2) Remove the screw located on the side of the hinge.
- 3) After removing the screw, flex the brace and remove the zero degree stop from the hinge. Note the direction the stop is facing.
- 4) Insert the desired replacement stop, hole end first, with the hook end at the top and facing forward. Straighten the brace to full extension to push the stop down into position. The small hole in the stop must be aligned and visible through the screw hole so the screw will thread into the stop.
- 5) Reinsert and tighten the screw. Flex and extend the brace several times to ensure the stop is locked into position and functioning properly.



### Flexion Stop Instructions

(Flexion stops are an optional accessory item.)

- 1) To limit the degree of flexion, detach the desired stop from the metal tree. Each stop has the degree etched into the surface.
- 2) If you are installing the 0, 30, 45, 60, 75, 90 or 110 degree flexion stop, remove both screws from the posterior aspect of the hinge cap and take out the spacer that was installed at the factory. Insert the stop with the flat end facing up and position it so that both holes in the stop are visible through the screw holes in the cap. Thread and tighten the screws through the cap and into both holes in the stop.
- 3) Flex the brace until the upright contacts the stop to ensure it is functioning properly.





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### Fitting Instructions

To Put On Your Brace: Townsend BOLD Knee Brace should be applied sitting down with your leg slightly bent at approximately 45 degrees of flexion. Before you tighten any straps, it is always important for you to properly position the brace on the leg. Because Townsend's patented hinges mirror the anatomical motion of the knee, the brace will function best when the hinges are properly aligned at knee center (**SEE ILLUSTRATION #1**) in the box at the bottom of this page). Make sure each of the four straps that go across the back of your leg are open. Slide the frame of the brace onto your leg. The condyle pads attached to the inside of the hinges should press against the sides of your knee. If you have positioned the brace and hinges at the correct height on your leg, the middle of the condyle pads should line up with the upper third of your knee cap. If the medical professional who fit your brace did not adjust the length of straps and strap pads, you will need a pair of scissors so you can cut the straps and strap pads to the appropriate length (**SEE ILLUSTRATION #2**) in the box at the bottom of this page). **NOTE:** It is always better to put your brace on a little too high than too low.



Tighten Synergistic Suspension Strap that is just below the back of your knee. This strap should be tightened in the flexion fold behind your knee. This is the most important strap for keeping the brace secure on your leg and preventing it from slipping down. (**SEE ILLUSTRATION #3**) in the box at the bottom of this page).



Tighten the distal (bottom) calf strap to secure the lower tibial band to your leg. You will see that the medial (inner) side of the lower band of the brace is contoured to fit the flat portion of your shin for maximum rotary control.



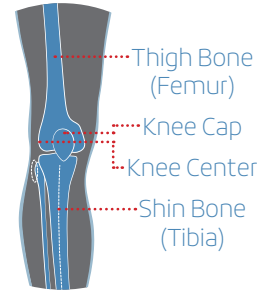
Next, tighten the two upper straps to secure the thigh section of the brace to your leg. The chafes that you feed the strap through can be angled to ensure the straps fit flat against the back of your leg.



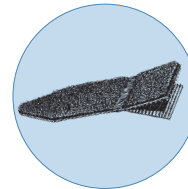
As a final step, push down on the brace to make sure it is strapped securely and stays in place. We also recommend that you straighten your leg and retighten the lower thigh strap to achieve maximum control.

### Knee Center (Illustration #1)

When you begin to put on your brace, it is important for the hinges to be aligned with knee center. This means the center of the hinges should press against the side of your knee in a position that corresponds with the upper third of your knee cap. Additionally, tightening the Synergistic Suspension Strap in the flexion fold behind your knee will help to ensure the hinges are at the correct height on your leg.

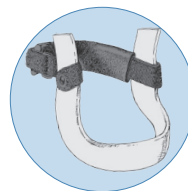


### Shortening Straps (Illustration #2)



The straps on your brace can be cut to any length. Simply remove the alligator closure from the end of the strap, cut the strap to the desired length, and reposition the closure onto the end of the strap. Be very careful not to cut any strap too short! Additionally, any comfort pad that is attached to the inside of a strap (see illustration) must be removed and cut shorter if the pad interferes with your ability to completely tighten the strap. You can cut the pad and re-center it on the strap.

### Suspension (Illustration #3)



The Synergistic Suspension Strap is attached to the outside of the frame and is designed to wrap inside between the brace's lower shell and your leg. The strap is also angled to match the natural contour of the top of your calf muscle. This strap should be tightened in the flexion fold in the back of your knee.





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Whether you are a professional athlete, or primarily need support for activities of daily living, Townsend's BOLD knee brace is designed to perform. Townsend BOLD brace sets the industry standard for control, comfort and patient convenience. This type of brace is generally prescribed for patients who have knee instabilities or who have surgery to repair knee injuries. The medical professional fitting your brace is responsible for assessing the initial fit and function of your brace, and will make or facilitate any necessary adjustments. If you experience any skin reactions, loss of circulation, unusual knee pain or any other complication you think may be associated with the use of this product, stop wearing the brace and call the medical professional who prescribed and/or fit your brace.

### Care & Maintenance

**Hinge** – The hinges on your brace are pre-lubricated. If sand, dirt or water get inside the hinges, they may require periodic lubrication. If you notice the hinges not gliding smoothly, a few drops of a synthetic lubricant can be applied. You can purchase this type of lubricant at a hardware store.

**Straps** – The straps on your brace are nonelastic for maximum control. After considerable use, if the fibers on your strap do not adhere as well to the Velcro "hook" tab, if possible, cut the strap shorter so the Velcro hook tab adheres to a section of the strap that has fresher fibers. Otherwise the straps may need to be replaced.

**Pads** – Your brace is lined with padding that provides a comfortable interface between your leg and the shells. The straps also have pads. Do not remove the pads from the brace or straps. Wipe the pads after each use to remove any moisture and let the pads air dry. You can also clean the pads with a mild anti-bacteria soap and rinse them off with fresh water. DO NOT wash pads in a machine or dry them with a blow dryer.

### Parts & Service

Comfort pads, condylar pads, hinge covers, straps and other parts on your brace may need to be repaired or replaced due to normal wear and tear. If your brace requires repairs or replacement parts, you should contact the professional who assisted you in ordering and fitting your brace. Certain parts are covered by a limited warranty.

### Undersleeves & Protective Covers

This brace has a soft liner and is designed to be worn directly against the skin. Neoprene or cotton undersleeves may be ordered if you prefer to wear a sleeve under your brace. Wearing an undersleeve may enhance comfort, however, a sleeve can potentially cause the brace to slip down your leg. If you intend to wear your brace for high intensity sports (football, soccer, baseball, etc.) Or activities that may expose the brace to objects that could damage the painted shells, we strongly recommend that you speak with the medical professional who fit your brace about ordering a protective cover. A cover is also often required for team sports.

### Warranty Information

Under normal use and conditions, the shells and hinges on your brace are covered by a one year warranty against defects or breaking. Straps, hinge covers, and other replaceable parts are covered for six months. If you experience a problem with the fit or function of the brace, please call the medical provider who fit your brace.

### Product Disclaimer

This brace should be used in accordance with the directives of your physician as part of a treatment plan for managing your total health. While this type of brace has proven beneficial to many patients, outcomes will vary based on factors including patient age, general health, and/or lack of compliance with instructions for how to put on and use the product. Because of variations in the health and condition of each patient, Townsend Design also does not make any specific recommendations regarding appropriate activities for the user of this brace. While a Townsend functional knee brace may aid in decreasing the risk or degree of injury, Townsend Design cannot and does not guarantee that the brace will restrict all instabilities or prevent injuries – especially as the intensity of physical activity increases. Contact and high velocity sports are inherently dangerous and create a higher risk for injury.

