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OWNER'S MANUAL

ROM KNEE BRACE ELITE

SKU: SUP3102



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SUP3102

ROM KNEE BRACE ELITE CORETECH

INTENDED USE

The ROM Knee Brace Elite Coretech provides controlled support for post-operative recovery and rehabilitation. Designed for ACL, MCL, PCL, or LCL surgeries, patella realignment, and ligament injuries. Use under healthcare professional guidance for proper motion settings and usage duration.

WHAT'S INCLUDED

- 1 ROM Knee Brace Elite Coretech (SUP3102)
- Adjustable straps and padding
- User manual

SIZING GUIDE

Length Adjustment Range:
18" to 24" (46cm to 61cm)

IMPORTANT: The brace comes pre-set to the smallest size. You must adjust the length before first use.

How to Measure:
The brace should cover at least 6” above the knee and 6” below the knee. Adjust length to your prescribed measurement or ensure proper coverage.



SETUP INSTRUCTIONS

1. **ADJUST LENGTH**
   - Locate length adjustment buttons on both sides of the brace.
   - Each click extends the brace by 1 inch.
   - Ensure the brace covers at least 6” above and 6” below your knee.
   - Adjust to your prescribed length or for proper coverage.
   - **IMPORTANT:** Adjust both sides equally to maintain proper alignment.



2. SET RANGE OF MOTION



Available Ranges:

- Flexion: 0°, 10°, 20°, 30°, 45°, 60°, 75°, 90°, 105°, 120°
- Extension: -10°, 0°, 10°, 20°, 30°, 45°, 60°, 75°, 90°

Setting Extension Limits:

- Press the extension button and select your prescribed angle.
- The hinge will click into position at available degree settings.
- Verify the setting matches your prescription.

Setting Flexion Limits:

- Press the Flexion button and select your prescribed angle.
- The hinge will click into position at available degree settings.
- Verify the setting matches your prescription.

REMEMBER: Set identical angles on both hinges for proper function.

3. **LOCK THE HINGE (When Needed)**

Available Lock Positions:

- 45° Flexion
- 15° Flexion
- 90° Extension
- 50° Extension
- -10° Extension

To Lock:

- Position at one of the available lock angles listed above.
- Press the lock button and slide toward the center until it clicks.
- **Best Practice:** Move both extension and flexion adjustment handles to trap the locked angle as a failsafe.
- Verify the lock is secure before putting weight on the leg.
- **NOTE:** Both hinges must be locked at the same angle for safety.



APPLICATION INSTRUCTIONS

1. **POSITIONING**
   - Position the brace under your affected leg
   - Center the hinge with your knee joint
   - Ensure proper alignment before securing straps



2. **SECURE STRAPS**
   - Fasten the upper calf strap first, then the lower calf strap.
   - Next, secure the lower thigh strap, then the top strap.
   - Straps should be snug but not tight.
   - Make sure circulation is not restricted.

3. **ADJUST FIT**
   - All straps should be secure but comfortable.
   - Check fit regularly during use.
   - Stop use if numbness or tingling occurs.

PROPER FIT TIPS

- Always set equal lengths on both sides of the brace.
- Verify all locks are secure before use.
- Do not overtighten straps - check circulation regularly.
- Both hinges must be set to identical angles.

USAGE GUIDELINES

- **Medical Supervision:** Use only under healthcare professional guidance.
- **Follow Prescribed Limits:** Never exceed your prescribed range of motion.
- **Check Settings:** Verify ROM settings match your prescription before each use.
- **Weight Bearing:** Ensure locks are secure before putting weight on leg.

STRAP CUSTOMIZATION

If straps are too long after proper fitting:

- Remove the hook and loop fastener from the strap end
- Cut to desired length
  (cut conservatively - you can always trim more)
- Reattach the fastener





CARE INSTRUCTIONS

Pads and Straps:

- Remove from brace before cleaning
- Hand wash with cold water and mild detergent
- Air dry flat - Do not use heat
- Ensure completely dry before reattaching

Hinge and Frame:

- Wipe with alcohol-based disinfectant wipe
- Air dry completely
- Do not submerge in water
- Check hinge movement after cleaning

WARNINGS ⚠

- Always set equal lengths and ROM settings on both sides.
- Do not exceed your prescribed range of motion.
- Remove immediately if pain increases or numbness occurs.

- Do not wear while sleeping unless directed by doctor.
- This product is not intended to prevent, cure, or treat any disease.
- Not a substitute for medical treatment.
- Consult your doctor before use and follow prescribed limits.
- Check skin regularly during use.
- Do not wear over open wounds.

SPECIFICATIONS

- **Length Range:** 18” to 24” (46cm to 61cm)
- **Flexion Range:** 0°, 10°, 20°, 30°, 45°, 60°, 75°, 90°, 105°, 120°
- **Extension Range:** -10°, 0°, 10°, 20°, 30°, 45°, 60°, 75°, 90°
- **Lock Positions:** 45° Flexion, 15° Flexion, 90° Extension, 50° Extension, -10° Extension
- **Weight:** Approximately 2.5 lbs (1.1 kg)
- **Materials:** 20% Polyester, 35% Aluminum, 20% ABS, 18% Nylon, 5% PA66, 2% PC

WARRANTY

Your Elite ROM Knee Brace has warranty coverage from date of purchase:

- **Hinge mechanism:** 1-year warranty
- **Straps, padding, and plastic components:** 6-month warranty

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