

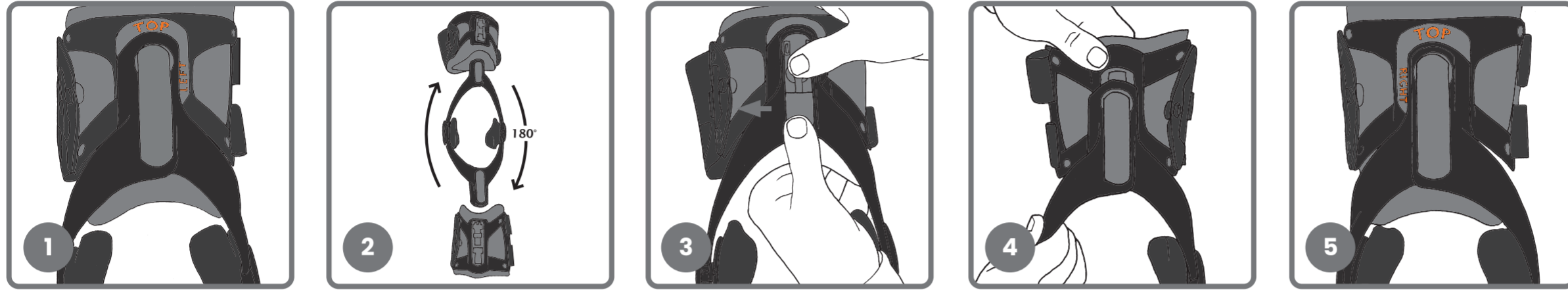


How to use the Orthosis

For video instructions scan the QR code provided with the ADVAGO knee. Please read the enclosed instructions for use first!

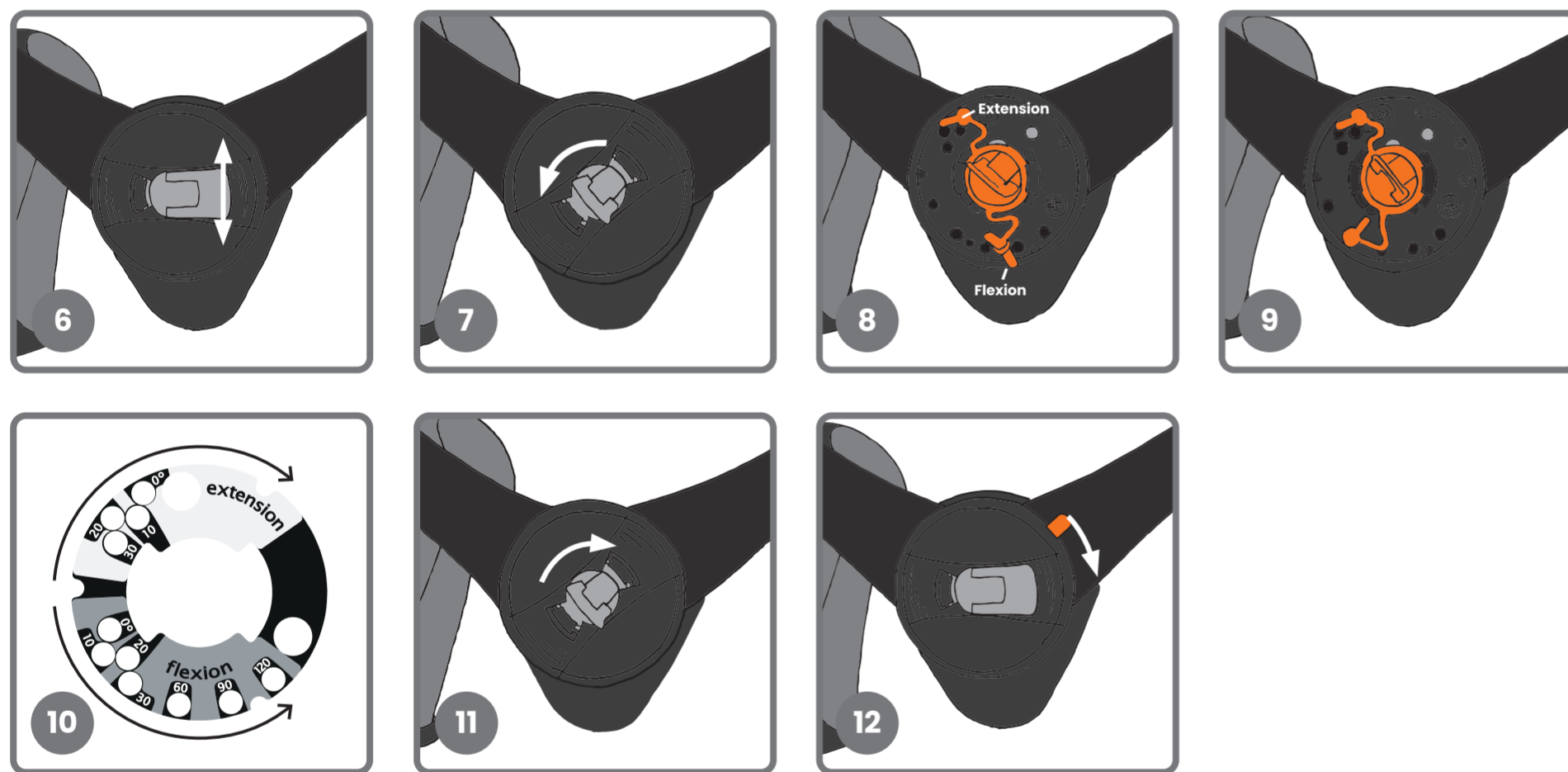
Set the ADVAGO knee for your Left or Right Leg

The orthosis can be used for both the left and right leg. Starting position in this example: The orthosis is set for the left leg and marked with the label "TOP LEFT". (Figure 1)



1. Remove the thigh padding: To do this, pull the badge upwards and push the button. Slide the padding out as you do so. Follow the same procedure for the lower leg padding. (Figure 2)
2. Rotate the loose frame around 180 degrees. (Figure 3)
3. Fit the thigh padding: Connect the padding to the frame and push it until it clicks audibly into place. Reattach the badge. Follow the same procedure for the lower leg padding. (Figure 4) The orthosis is now set for the right leg and marked with the label "TOP RIGHT" (Figure 5).

Angle adjustment – Only in consultation with your doctor/physiotherapist.



1. Fold up the orange lever on the inside and on the outside (medially and laterally) of the orthosis joint. (Figure 6)
2. Rotate the grey disc anti-clockwise until it unlocks independently from the orthosis joint. (Figure 7)
3. To change the angle of the knee, pull out the orange pin and set it to the required position. (Figure 8+9)
4. Flexion: 0° – 10° – 20° – 30° – 60° – 90° – 120° Extension: 30° – 20° – 10° – 0° (Figure 10)
5. Lock the disc again by turning it clockwise. Fold the lever closed again. (Figure 11)

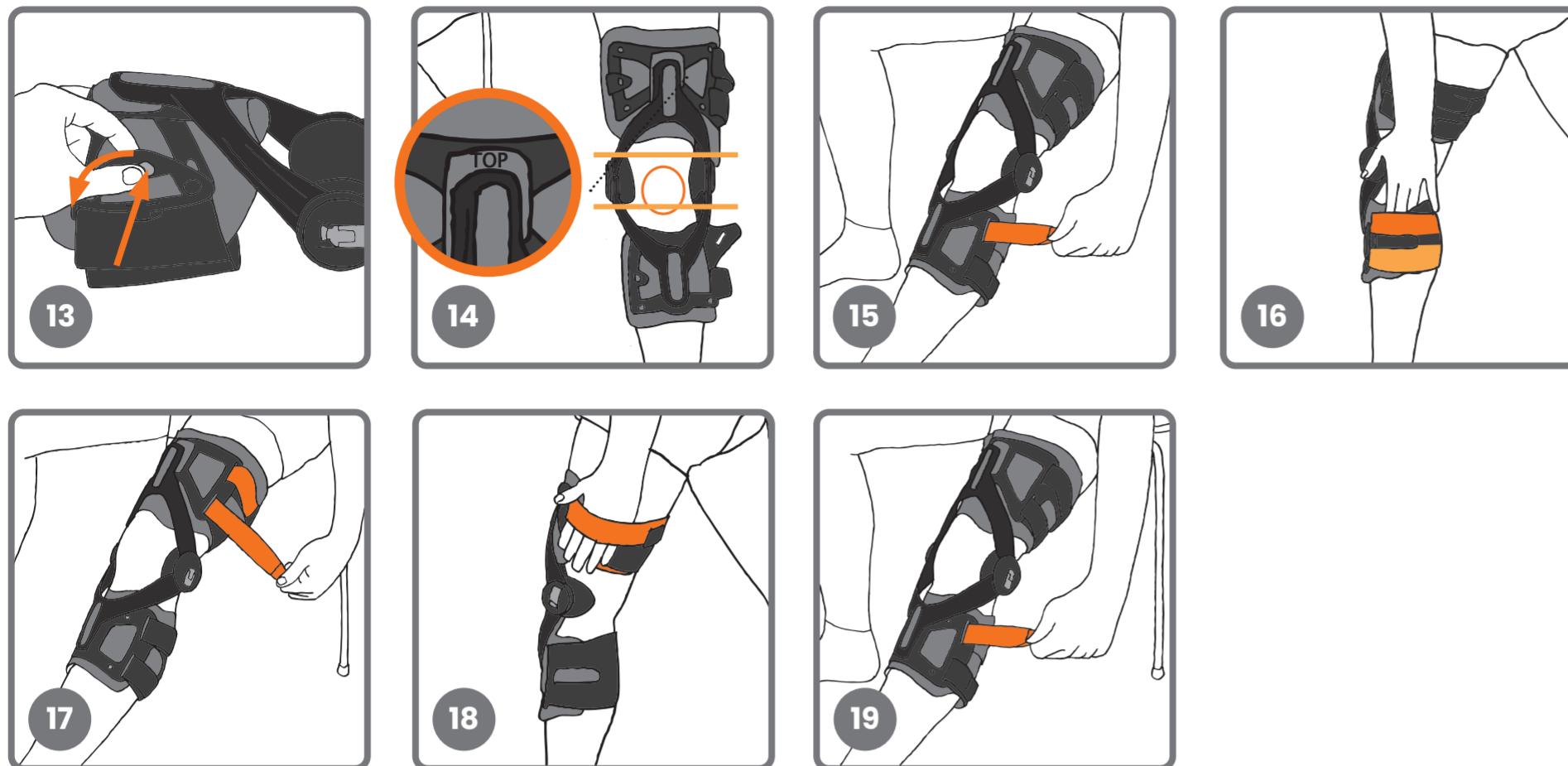
Note: The angles of the orthosis must be set the same on the internal and external (medial and lateral) sides of the knee.

Simple and rapid blocking/securing in extension 1. To briefly lock the leg in extension (full extension) and to fully extend the orthosis, push the marked small lever on the internal and external side of the orthosis joint forwards. (Figure 12)

[See Reverse side for how to set Adaptions >](#)



How to put on the Orthosis

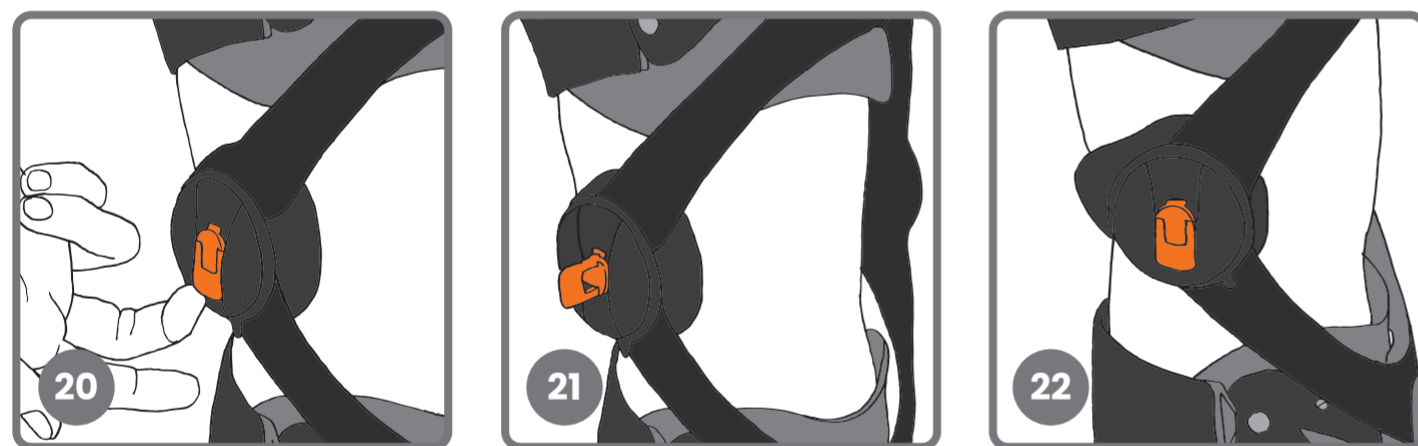


1. Open the belt buckle on the knee orthosis. To do this, pull the buckle and simultaneously push the button in the middle. (Figure 13)
2. Position the orthosis on the leg with the "TOP" symbol at the top. If wearing trousers, pull these tautly downwards. Palpate the kneecap and align the joint of the orthosis 1-2 cm higher than the kneecap. (Figure 14)
3. Close the first strap below the hollow of the knee. This should sit particularly securely.
Test: Check how many fingers you can fit between the strap and the padding. A maximum of 3 fingers should be able to fit between this strap and the padding. Also close the lowest strap. This allows a maximum of 4 fingers during testing. (Figure 15+16)
4. Close the top straps above the hollow of the knee. These allow a much looser fit. (Figure 17+18)
Test: The entire hand should fit between the strap and the padding.

IMPORTANT NOTICE: The first strap below the knee should always sit securely and if necessary re-tightened in order to prevent the orthosis from slipping. (Figure 19)

The lengths of the belt straps are set as a one-off procedure with this process. Be aware of the padding in the orthosis: it should not be kinked.

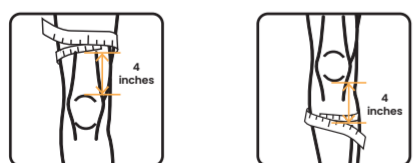
Set Adaptations



Setting the width in the knee area – adaptation to the degree of swelling

1. Pull the orange lever on the joint of the orthosis upwards. (Figure 20)
2. Turn the lever anti-clockwise until the pad lies comfortably against the knee and exerts minimal pressure. (Figure 21)
3. Fold the orange lever downwards again. (Figure 22)

Sizing



Size	Thigh inch	Calf inch
S	12 - 18	11 - 15
M	15 - 22	13 - 17
L	19 - 25	15 - 19
XL	24 - 30	17 - 21

Please refer to Product Information booklet included for additional details!