

## Instructions for Use

### NeuroFlex® Restorative Flex Knee (adult and pediatric)

**Indications for use:** Provides prolonged low load passive stretch and treats flexion contractures of the knee that result in lost range of motion.

#### Product Features



- Padding provides comfort and reduces skin pressure.
- High-temperature plastic cuffs can be remolded by your health professional to custom fit the patient's upper and lower legs.
- Adjustable dials allow gradual changes to move the joint toward normal alignment.
- Brace provides 3-point leverage similar to manual stretching, improving range of motion
- Flex Technology splint moves with the patient's abnormal muscle tone/spasticity.

#### Instructions for Use:

Please read all of the instructions before use. Use as directed by your clinician. Always follow your facility protocol for skin care.



1. Open the cuff flaps and all black straps.
2. Unfasten the knee cap straps on the outside of the leg.
3. Open the side flaps and loosen the knobs to allow free movement at hinges.



4. Place the splint under the patient's leg, aligning the knee joint with the hinges. Start a bit high, as the splint tends to move down during the donning. The label on the upper/thigh cuff should be at the back of the leg.
5. Fasten the upper 2" cuff straps first, then the lower straps snugly.
6. Install the knee cap by attaching two 1" straps to one side of the splint through the D-rings. Center the cap over the knee, adjusting the straps to equalize the tension.



7. Adjust the hinges at both sides to a slightly stretched position. Do not overstretch. As the patient improves over time, slowly increase the stretch.



8. Close the side flaps that cover and pad the hinges.
9. Ensure all straps are in place and secure. Check by running 2 fingers between each strap and the patient's skin. The patient should feel a comfortable, mild stretch but no discomfort in any area.
10. Within 5 minutes of fitting, touch the ligaments behind the knee. If they have somewhat softened, appropriate stretch has been applied.

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### NeuroFlex® Restorative Flex Knee (adult and pediatric)

Product Size	TTK	KTC	Thigh Circumference	Calf Circumference	Product Code
Child	5"	6"	8-12"	7-10"	20725C
Ex-Small	6"	6"	8-13"	7 1/2-11"	20725XS
Small	6 1/2"	6 1/2"	10-15"	8-12"	20725S
Medium	7 1/2"	7 1/2"	13-17"	10-15"	20725M
Large	8 1/2"	8 1/2"	16-22"	14-18"	20725L

TTK = thigh to knee distance, KTC = knee to calf distance

\* Additional sizes available upon request.

### Cleaning Instructions:

Use hospital-approved disinfectant or household antimicrobial cleaner/disinfectant according to the label instructions for hard plastic. Padding can be laundered by hand or on gentle cycle of home type washer with mild soap. Rinse. Squeeze between towels to remove excess water. Line dry. Do not use chlorinated products such as bleach.

### Warranty:

See [restorativemedical.com](http://restorativemedical.com) for warranty information.

### Warnings:

- This device is for single patient use only.
- Consult a clinical professional before using this device.
- Check all skin areas each time the device is removed. If any discoloration does not return to normal within 3-5 minutes, discontinue use and report to your health professional. Do not use the splint until this situation has been resolved.



### Recommended Wear Times:

Apply the splint initially for 30 minutes. Remove and check the skin for redness or breakdown. If skin integrity is compromised, discontinue use and contact your clinician. Otherwise, gradually increase wearing times to the duration recommended by your clinician to no more than 6 hours at a time. Restorative Medical's wear times are suggested and should be discussed with your clinician.

### Cautions:

- Not user repairable. Consult your clinician or Restorative Medical if damaged.
- No hazardous material present. Follow local environmental codes for waste disposal.

This product is not made with natural rubber latex (NRL) and di-(2-ethylhexyl)phthalate (DEHP).

