

Instructions for Use

RestAir Knee

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



- RestAir technology uses 2 air bladders at the back of the leg to redistribute skin pressure.
- Bilateral hinged uprights work with the air bladders to continue to move the joint toward normal alignment.
- Hinges can be removed for the most severe flexion contracture and added as the range improves.
- Soft, breathable fabric helps keep the patient's leg cool and dry.
- Superior padding provides comfort, increasing likelihood of patient compliance.
- Hand-bulb air pump included.

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 splint to access the air bladders. Choose one of them to inflate first. 
2. Open the air bladder pocket and pull out the white tip valve (circled) in the picture. 
3. Insert the clear end of the bulb hand pump into the air bladder's white valve. Squeeze the pump repeatedly with your hand until the air bladder has the desired amount of air. 
4. After inflating the air bladder, remove the bulb by pinching the black end of the bladder with your thumb and forefinger to securely hold the white valve. With the thumb and forefinger of your other hand, twist the bulb and pull the tip out. 
5. Tuck the white valves back into the pocket. 
6. Inflate the other air bladder in the same manner. Remove the bulb hand pump and save it for future use.
7. Flip open the fabric flaps that cover the range of motion (ROM) hinges, one on each side of the splint. 
8. Open the metal ROM hinges by rotating their covers up as shown in the picture. 
9. Set the flexion/extension stops to the desired positions. Close the covers by pushing them down until they are locked. Replace the padded flaps that cover the hinges.
10. Place the patient's leg on the RestAir Knee with its wider half (with the label) under the thigh and the narrower end under the calf, locating the center of the hinge slightly above the patient's knee, as it will work itself down during the application. 
11. Wrap the top blue flap around the upper leg. Attach the black 2" strap by feeding its end through the black buckle and closing back onto itself. Repeat with the lower blue flap and black strap. Ensure the splint fits the patient properly.

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Instructions for Use: Continued

12. Attach the kneecap cover by feeding each black 1" strap through a D-ring - two at the top and two at the bottom. Adjust each strap in a crisscrossed manner until the knee cap is centered and providing enough pressure to hold the patient's knee in the splint and providing a comfortable stretch. Do not overstretch. Push the hook closures into the straps underneath them so they hold securely when the patient flexes his/her knee.



13. Ensure the splint is providing the 3-point leverage similar to manual stretching. (see red arrows on the picture).
14. Check all areas of patient contact by running two fingers between the splint and skin to ensure no areas are too tight.

Product Size	Total Length	Thigh Circumference	Calf Circumference	Product Code
Small	15"	10-15"	8-12"	20755S
Medium	15"	13-17"	10-15"	20755M
Large	17"	17-22"	12-17"	20755L

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 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 orthosis is removed. If any discoloration does not return to normal within 3-5 minutes, discontinue use and report to your health professional. Discontinue use of the orthosis until this situation has been resolved.

Recommended Wear Time:

Apply the orthosis initially for 30 minutes. Remove and check skin for redness or breakdown. If skin integrity is compromised, discontinue use and contact your health professional. 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 health professional.

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 di-(2-ethylhexyl)phthalate



Prevent • Protect • Restore

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RM- RestAir Knee IFU v1.0 - 02/15/2017