



Comfortland Tri-Panel Knee Immobilizer

Fitting Instructions

Note: Your practitioner is familiar with your specific medical condition and is using this product as part of your total care. Make sure to follow their directions exactly, even if they do not match the directions below.

PREPARATION:

1. Begin application by performing a “dry fit” to ensure proper positioning of the lateral stays. Loosen all closure straps and remove the detachable lateral stays. Place the immobilizer around the leg so that the knee fits approximately in the center of the *length* of the immobilizer, making sure that the fixed lateral stays in the rear of the immobilizer are perfectly aligned with the posterior aspect of the leg (The “Comfortland Medical” tag is on the *outside* of the immobilizer, and should be visible when worn). Attach each of the lateral stays so that they sit slightly behind the patellar on their respective side of the knee.

APPLICATION:

1. Have the patient extend their leg on a flat surface and place the immobilizer underneath the leg, making sure the rear stays are aligned as they were in “preparation”.
2. Gently wrap each side of the immobilizer around to the anterior aspect of the leg, and starting with the most proximal closure strap, wrap each strap around the leg and secure to the outside of the immobilizer using the Velcro provided. (*note: the closure straps on the tri panel knee immobilizer wrap around the leg in alternating directions to prevent the immobilizer from putting stress on the knee.*)
3. Continue working from proximal to distal, wrapping each closure strap around the leg and fastening to the outside of the immobilizer.
4. Tighten and adjust as needed. If properly applied, the patient’s knee should be centered in the length of the immobilizer with the posterior support centered at the rear of the leg, and no movement should be experienced.

Cleaning and General Care:

Remove the lateral stays and wash the immobilizer in cold water with mild detergent. Rinse thoroughly, as an excess detergent can lead to skin irritation as well as deterioration of this orthosis. Air dry completely before re-application. Do not dry clean, iron, or bleach.