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**Use and Care:** Straps and pads may be trimmed to accommodate variations in leg size. Following activity in fresh or salt water, rinse brace thoroughly in clean water and air dry. Routinely check the hinge screws for tightness and retighten as needed. Lubricate hinges with a dry lubricant or Teflon™ spray. Do not use petroleum based lubricants. Hand wash liners and condyle pads in cold water with a mild detergent. Air dry, do not heat dry liners or pads.

**Warning:** This product is to be used under the direct supervision of a medical professional. This device is not intended for unsupervised public use. If you experience any pain, swelling, sensation changes, or any unusual reactions while using this product consult your medical professional immediately.

**Notice:** While every effort has been made in state-of-the-art techniques to obtain maximum compatibility of function, strength, durability and comfort, this device is only one element in the overall treatment program administered by a medical professional. There is no guarantee that injury will be prevented through the use of this product.

**Warranty:** Top Shelf Orthopedics guarantees this product to be free of defects in material and construction for a period of six months on the associated soft goods and straps, and 5 years on the brace frame and hinge from the date of purchase.

**Caution:** Federal Law (U.S.A.) restricts the device to sale by or on the order of a licensed health care professional.

# The Crusader™ ACL, PCL, CI, MCL, & OA Custom Functional Knee Brace

## Instructions For Use

Please read these instructions completely and carefully before applying this product. Correct application is important for proper function of this brace.

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**Indications:** ACL, PCL, CI, MCL, instabilities, reconstruction and hyperextension and/or medial/lateral compartment knee Osteoarthritis.

### Application Instructions:

**A** Unfasten all straps and fold hook/loop tabs back onto the straps. While seated on the edge of the chair step through the brace as shown (Fig. A).

**B** With the knee bent between 30° - 45° position the brace so that the hinge is centered slightly above the knee cap (Fig. B).

**C** While maintaining the knee between a 30° - 45° angle secure the bottom anterior calf strap.

**D** Fasten the top thigh strap #2.

**E** Holding both hinges, push the hinges backward until they are slightly posterior/behind the midline/middle of the knee (Fig. D).

**F** Secure the lower posterior thigh strap #3 (Fig. F).

**G** Draw hinges forward and secure the upper anterior calf strap #4 (Fig. G).

**H** Secure upper posterior calf strap #5 (Fig. H-1).

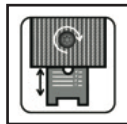
Note: For CI version an additional strap #6 is secured on the lower anterior thigh (Figure H - 2).

**I** A properly applied Crusader brace (Fig. I-1 or I - 2).

### OA Hinge Adjustment Instructions

#### Loadshifter Adjustment

To adjust the Loadshifter Mechanism, unlock the screw located on the upright above the hinge on the side requiring adjustment. Lengthen or shorten the upright and tighten the screw.



#### OA Hinge Adjustment Instructions

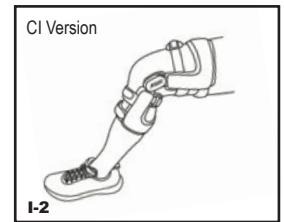
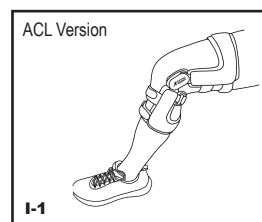
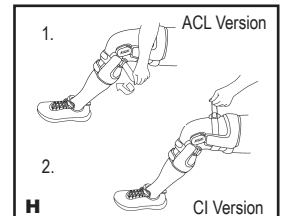
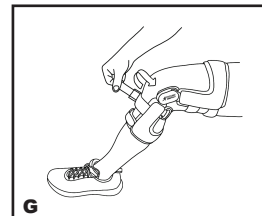
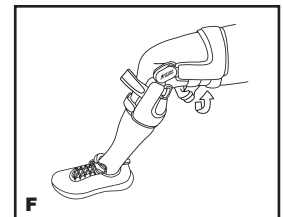
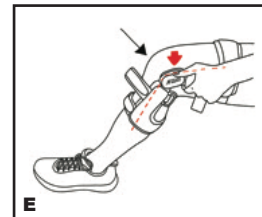
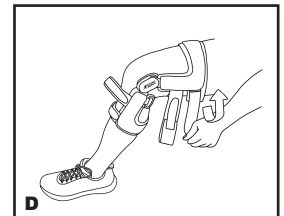
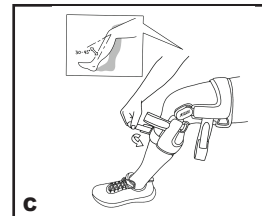
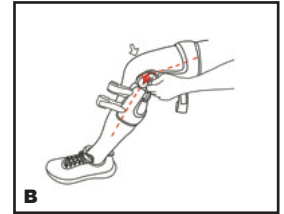
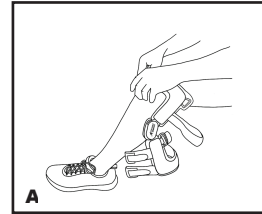
The brace is shipped with a 0° extension stop installed. If it is requested by a licensed health care professional, the stops may be changed.

**Adjusting the extension stop:** Choose the desired extension stop on the corresponding plastic piece. Remove the screw located on the side of each hinge. Flex the hinge slightly and remove the existing extension stop. Take care to note the direction this stop is facing. Insert the desired stops, hole end first, with the hook end at the top and facing forward. Straighten the hinge to full extension to confirm the extension stops are correctly positioned. The small hole in each stop must be aligned and visible through the screw hole so the screw will thread into the stop. Reinsert and tighten the screw.

**Adjusting the flexion stop:** Choose the desired flexion stop on the corresponding metallic piece. Remove the two screws from the posterior aspect of each hinge cover and take out the spacer. Insert the stop with the flat end facing up and position it so that both holes in the stop are visible through the screw holes in the cap. Thread and tighten the screws through the cap and into both holes in the stop.

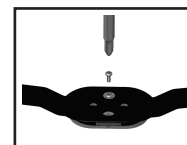
#### Stops included

Extension 0°, 5°, 10°, 15°, 20° & 30° Flexion 0°, 30°, 45°, 60°, 75°, 90° & 110°



### Hinge Adjustment Instructions

The brace is shipped with a 10° extension stop installed. If it is requested by a licensed health care professional, the stops may be changed.



To change the stops, completely remove the corresponding screw from the hinge.



Insert the new stop, reapply the hinge cover and reinsert and completely tighten both screws. Repeat the procedure on the other hinge. Both hinges must have identical stops installed.

#### Stops Included

Extension 0°, 10°, 20°, 30° & 40°  
Flexion 45°, 60°, 75° & 90°  
(no flexion stops are installed)