

## POWERKNEE BRACE INSTRUCTIONS

This product is for keeping the knee steady when you climb, walk, lift, bike or run. It can also be used while in the sitting position, or while driving. It reinforces the knee joint bilaterally, helping to prevent knee injuries or speed up the healing of existing knee injuries.

The PowerKnee offers strong lifting power to support your thighs and calves, effectively reducing weight and making you feel light.

The open front makes the PowerKnee easy to put on and take off. It is made of breathable non-slip fabric, so it is comfortable to wear directly wrapped around your bare knees or over pants.

### Assembly and Instructions:

1. Before using, turn the screw to the left to loosen.
2. Remove the screw by pulling it all the way out of the series of springs. Store the screw in a safe place.
3. Position the device at the back of the knee with the springs facing outward. The springs should face away from the body.
4. Brings the 4 straps around the front of the knee and fasten the loop closures tightly but comfortably around your leg.
5. Adjust the tightness of the straps as needed by pulling gently at the strands and securing them over each other with the Velcro undersides. Use the Velcro to hold the straps in place. Do not make it so tight that you cut off blood flow through the leg. Your knee should remain mobile.
6. To remove, undo the Velcro strands and undo the closures.
7. Take the device off of the knee and lay flat with the springs facing upwards.
8. Re-insert the screw through the springs and store the PowerKnee brace until next use.

NOTE: This information does not replace the advice of a trained physician. If you have knee pain or an injury, please consult your doctor before using this device.

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