

# medi Soft OA light UK

## Donning instructions

Soft knee orthosis for pressure relief and guidance



**Note: It is best if you sit on the edge of a chair or a stool when putting on the brace. After every donning step check that the brace is still fitted correctly to your leg and has not become twisted.**



1 Bend the affected leg to an approx. 70 degree angle and slip the brace over it (image 1).



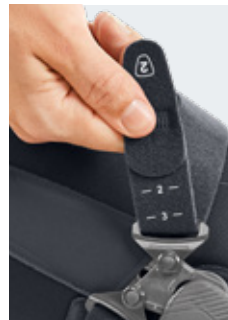
2 Pull the brace upwards until the fabric touches the lower edge of the kneecap, and the kneecap is positioned in the centre of the opening. Make sure that the brace is not twisted when fitted to the leg (image 2).



3 Now close the upper hook and loop fastener (image 3).



4 Close straps 1 and 2. If necessary adjust the strap-system to achieve your individual brace setting. Therefore you can remove the strap endings and cut the strap length.



Note: According to your pain levels, you can individually adjust the strap and raise or reduce the pressure (image 4).



5 Walk a few steps and make sure that the brace is fitted correctly to the leg and you feel a pleasant sensation of pressure and pain relief (image 5).

For more information about how to fit the brace correctly, please scan this code:



Intended purpose: medi Soft OA light UK is a knee brace for relief of the knee joint.