



ALTO Knee Orthosis Instructions

THIS PRODUCT INTENDED FOR THE APPLICATION BY LICENSED HEALTH CARE PRACTITIONERS AS DIRECTED BY A PHYSICIAN OR OTHER MEDICAL AUTHORITY. PROPER FIT AND APPLICATION OF THIS PRODUCT MUST BE PERFORMED BY A MEDICAL PROFESSIONAL. THESE DIRECTIONS ARE GUIDELINES ONLY AND ARE NOT OFFERED AS MEDICAL RECOMMENDATIONS.

Your doctor or orthotist may alter some of these general instructions. Your doctor and orthotist know your medical status and are using this orthosis as part of your total healthcare. It is important to follow their instructions carefully, even if they differ from some of the following guidelines.

APPLYING THE SUPPORT:

Grip the top of the support (the larger opening) and pull on

Webbing loops are provided for ease of use.

Some Velcro closure models involve simple wrap-around application.

Once the support is in place adjust the straps.

If metal hinges are present be sure they are shaped to the contours of your body before wearing support.

TO REMOVE:

Unfasten the straps and apply pressure downward with both hands on both sides of the brace.

Loops are provided for ease of use.

For wrap-around models, simply unwrap.

Re attach Velcro for easy re-application.

WASHING INSTRUCTIONS:

Hand wash support in mild soapy cool water. Rinse thoroughly and pat dry or drip dry on a flat surface

Wipe metal hinges with a clean cloth.

Do not put in washing machine.

Do not use solvents or chlorine bleach.

Do not put in the dryer.

Do not iron.

STORAGE INSTRUCTIONS:

Store support in a loose roll to prevent folds. Weight placed on the support may cause permanent folds.

CAUTION: Although double nylon facing is designed to minimize any discomfort, contact with the skin may cause irritation. Persons with broken skin or known susceptibility to dermatitis should avoid contact with this material. If a rash or skin irritation develops, discontinue use immediately and consult a physician. **Do not** wear while sleeping. **Do not** wear if you have phlebitis or circulatory problems. Never wear support over an open wound.

Notice

While every effort has been made 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.

U.S. Orthotics disclaims any warranty, expressed or implied, that these products prevent injuries.

