

Bledsoe Force I & III Lite

Application Instructions CP020126 Rev. C 5/00



Council Directive 93/42/EEC
of 14 June 1993 concerning
Medical devices

From the family whose name means braces



This device is offered for sale by or on the order of a physician or other qualified medical professional. This device is not intended for reuse on a second patient. This device is generally not intended for patients in excess of 250 lbs. (114 kilos).

Force Lite: Indications: Indicated for increased support of knees following injury to or reconstruction of the anterior cruciate ligament, posterior cruciate ligament, medial or lateral collateral ligament, or menisci either alone or in combinations. Also indicated for increased support for patients who have continued symptoms of giving way, poor quadriceps or hamstrings strength, or a desire for an early return to sports activities.

Contraindications: Contraindicated in patients with triple varus knees that have damage to the postero-lateral structures combined with stretched lateral structures and varus thrust..

Force Lite III: Indications: Indicated for additional support for knees following injury to or reconstruction of the Anterior Cruciate Ligament with or without combined medial collateral, lateral collateral, or meniscal damage. Also indicated to provide added support for ACL deficient or reconstructed knees which have poor or reduced quadriceps or hamstrings strength, desire an early return to sports, or exhibit mild to moderate symptoms of giving way or instability.

Contraindications: Contraindicated for patients with moderate to severe symptoms of instability resulting from damage to the posterior cruciate ligament.

WARNING: Do not leave this device in the trunk of a car on a hot day or in any other place where the temperature may exceed 150° F (65° C) for any extended period of time. **If any additional pain or symptoms occur while using this device, discontinue use and seek medical attention.**

Warranty: This device is warranted to be free from defects in material and workmanship for a period of 90 days for wraps, pads, straps and normal wear components and 12 months on all other parts. These warranties apply to devices that have not been modified or subjected to misuse, abuse or neglect.

Manufactured by:

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For product information or questions pertaining to sales or service, please contact the national distributor in your area or the manufacturer.

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POSITION LEG & TEST FIT

Bend knee 80° to 90° while seated. Patient should be taught to locate the adductor tubercle on the medial femoral epicondyle as a reference point for brace alignment.

PLACE THE BRACE IN PROPER POSITION

With the lateral side of the straps disconnected, place the brace in proper position with the upper pivot point of the hinge over the adductor tubercle.

Note how the brace fits the leg and where the brace must be formed to achieve a closer fit.



FORM BRACE TO FIT LEG

Form the brace by hand or by padded bending tools to fit the leg properly. If a good fit cannot be achieved, or if the thigh and calf sections are mismatched for your patient, consider having the brace fitted by sending a 30° bent knee cast to our factory. (Contact Customer Service for complete instructions prior to sending cast.)

Make sure that any bending operations do not cause the hinges to become misaligned or to bind in any manner. **The arms must move freely.**

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FASTEN REAR CALF STRAP

Place the brace in the proper position as mentioned in **Step 3** and place the rear calf strap high on the calf into the fold at the back of the knee being certain to center the pad on the strap. Place the strap end through the D-ring and tighten the strap. **This strap prevents migration.**

FASTEN REAR THIGH STRAP

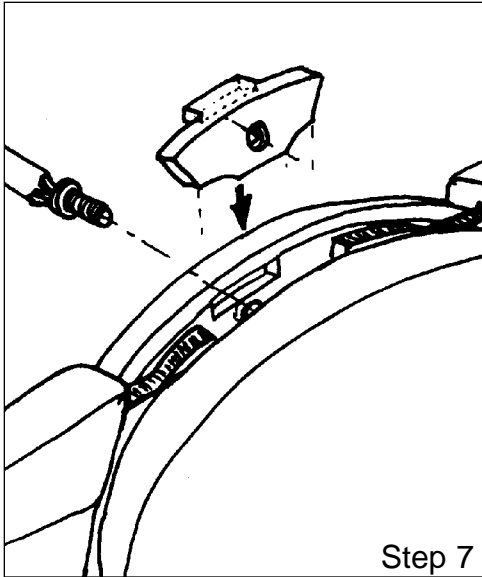
Repeat this procedure for the rear calf strap being certain to center the pad on the strap. The rear thigh strap adjusts the force. For more force, tighten this strap. The brace becomes tight in extension.



APPLY WRAPS

Engage the small hook fastener square on the inside end of the calf wrap onto the pile piece on the front of the calf shell. Stretch and wrap around the leg and attach back to the outer pile section. **Repeat this procedure for the thigh wrap.**

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If desired, stops (0° 10° 20° & 30°) may be placed into each hinge as shown in the diagram and secured with screws. **NOTE:** The stops for the Force I are different than the Force III; **DO NOT MIX THEM.** The "A" stops are for the FORCE III. The "B" stops fit the FORCE I.

