

Can I do exercise in my Action Reliever knee brace? (2) (3) (4) (5) (6) (7)

- Physical activity is beneficial for many reasons; wearing the brace should help with a reduction in pain and will allow you to increase your physical activity.
- An increase in exercise will help to prevent muscle loss; which will allow you to remain more mobile and help with flexibility. More physical activity will allow you to stay healthy and will help to maintain a healthy body weight which will itself manage the pain.
- With specific **strengthening exercises**, start gradually with a few repetitions and gradually build up as your stamina, coordination and exercise tolerance improve. Some simple strengthening exercises can be found on the **Chartered Society for Physiotherapists website by searching “Knee pain exercises”**.

Will wearing a knee brace make me weaker? (1)

In fact, the evidence shows that wearing a knee brace will not make your leg weaker, it has the opposite effect and improves muscle power. The brace allows your knee to function normally, and the reduction in pain in the leg will allow you to load the leg more normally which will help to improve strength.

How do I wash the Action Reliever?

Due to the knitted fabric of the knee brace it is breathable⁽⁸⁾, and it will be worn under clothing (unless contraindicated). If you would like to wash the brace, we recommend a cold machine wash (30°C) with a washing net. Close the self-gripping tabs before washing. Remove only the rigid upright before washing. To do this:

- Pull on the top of the product to disengage the upper end of the lateral uprights from its casing.
- Take note of its original position (flexed towards the back), in order to reposition it correctly.

It is recommended to remove the patellar insert before washing. Take note of its original position (flat area outside, wide area above), in order to reposition it correctly.

When washing do not use fabric softener as this can affect the elasticity of the brace and only use a small amount of gentle detergent. Wash separately, allow the brace to air dry and do not place on direct heat.



- (1) "The 2- and 8-week effects of decompressive brace use in people with medial compartment knee osteoarthritis." Lamberg, Robert and al. *Prosthetics and Orthotics International* (2016) 40(4) 447-453 DOI: 10.1177/0309364615589537.
- (2) NICE. Osteoarthritis in over 16s: diagnosis and management. 2022.
- (3) Wolf Petersen, Andree Ellermann, Thore Zantop, Ingo Volker Rembitzki, Hartmut Semsch, Christian Liebau, Raymond Best "Biomechanical effect of unloader braces for medial osteoarthritis of the knee: a systematic review". *Arch Orthop Trauma Surg* (2016) 136:649-659.
- (4) Roger V. Ostrander, Charles E. Leddon, Joshua G. Hackel, Christopher P. O'Grady, Charles A. Roth. "Efficacy of Unloader Bracing in Reducing Symptoms of Knee Osteoarthritis." *The American Journal of Orthopedics*. 2016;45(5):306-311.
- (5) Thoumie, Philippe, Marc Marty, Bernard Avouac, Adeline Pallez, Arnaud Vaumousse, Linh Pham Thi Pipet, André Monroche, et al. 2018. "Effect of Unloading Brace Treatment on Pain and Function in Patients with Symptomatic Knee Osteoarthritis: The ROTOR Randomized Clinical Trial." *Scientific Reports* 8 (1): 10519.
- (6) Lamberg, Eric M., Robert Streb, Marc Werner, Ian J. Kremenec, and James Penna. 2016a. "Improvements in Function and Strength with Decompressive Bracing of the Osteoarthritic Knee." *JPO: Journal of Prosthetics and Orthotics* 28 (4): 173-179.
- (7) M. Benning, R. Schneider-Nieskens. "Superiority of a knee relief orthosis in the treatment of knee osteoarthritis: A prospective randomized controlled trial." *ORTHOPADIE TECHNOLOGY* 08/17, Page 24.
- (8) Internal CE marking data.

ADDITIONAL FITTING ADVICE

- The Action Reliever is an offloading osteoarthritis knee brace. The Action Reliever has a unique off-loading action utilising straps to create a dynamic 3-point pressure system that is most effective on heel strike*.
- The hinge/metal bar should be on the affected side of your knee and the crossover of straps on the opposite side.
- So, if you have pain on the inside of your knee then ensure the hinge/metal bar is against that side.
- On the buckles, the pin must go under the hook because it is magnetic. But to take it off, you must unclip it.

*Internal CE marking data

Please visit YouTube to see our fitting videos, these videos will help guide you through step by step. But if you have any problems, please call 01892 481 620.

action reliever fitting video

Action Reliever Practitioner Fitting Video
7.4K views - 3 years ago
Thuasne USA
Low profile OA knee brace, easy to wear with great results. Watch this video for the practitioner fitting instructions.

Thuasne Action Reliever Fitting Video
7K views - 3 years ago
Thuasne USA
Thuasne Action Reliever Fitting video Osteoarthritis (OA) knee brace The Action Reliever is now available free on prescription, ...

Thuasne Action Reliever 3D video
www.actionreliever.co.uk
28K views - 3 years ago
Thuasne USA
Thuasne Action Reliever Osteoarthritis knee brace video Action Reliever is now available free on prescription, visit ...

Please refer to the instructions for use of the product before use. Read the product's instructions for use, indications and contraindications carefully. The Medical Device mentioned on this document is CE marked according to the European council regulation 2017/745. Ref.: 2207203 - Last revision date: 2022 - 09

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Action Reliever

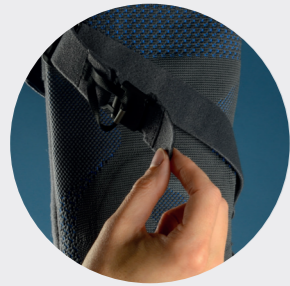
Soft offloading
knee brace



**Wearing
& Fitting Guide**

1

Loosen all the straps



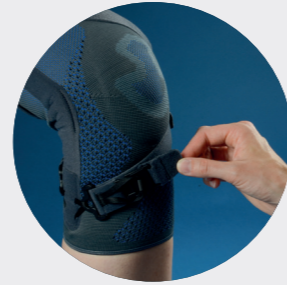
2

Make sure that the 2 intersecting self-gripping straps are always positioned centrally



5

Adjust the 2 front straps in the same way as the back; first the lower leg, then the upper leg



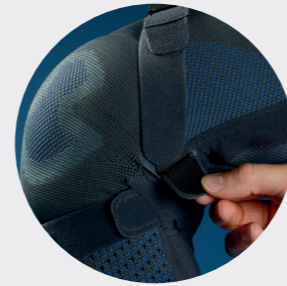
LOWER LEG



UPPER LEG

6

If creases form during the strap adjustment, the angle of each strap can be adjusted. Open the rear hook and loop openings on the crossover self-gripping straps



3

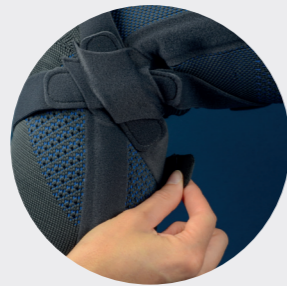
Ask your patient to pull-on the knee brace, ensuring the patella is positioned in the centre of the patella insert



4

Ask your patient to sit down with the knee bent between 30-60°. Adjust the 2 rear straps, first the lower leg, then the upper leg

Strap lengths are adjustable. To adapt the strap, remove the self-gripping pad, shorten the strap, re-attach the pad on the strap



LOWER LEG



UPPER LEG

7

Ask your patient to stand up and take a few steps



To adjust the tension whilst wearing the knee brace, simply re-position the self-gripping tabs



Action Reliever WEAR ADVICE

How do I fit the Action Reliever Knee Brace at home?

- First check the brace received, check it is the correct side and compartment. The hinge should be on the affected side of the knee.
- Loosen all straps as shown in the fitting guide and slide the brace on so that the patella is centrally located in the patella "doughnut". If you think there are any issues with the size or brace specification received, please consult the healthcare professional that provided you the brace.
- If confident to fit the brace yourself please follow the fitting guide and the instructions for use, and use the YouTube video fitting guide as reference for step by step instructions.
- If you would like a virtual fitting appointment please contact us at patient@thuasne.co.uk and we would be happy to arrange this.

How many hours per day should I wear my Action Reliever knee brace?

- Once the Action Reliever is fitted, we would initially recommend gradually building up the wear. Wear the brace for a few hours the first day and increase this wear over the first week. Everybody is different with how well they tolerate wearing a knee brace, but a good guide would be to increase this wear by half an hour at a time.

Some tips:

- Wear the correct footwear; this should be supportive and cushioning.
- Try not to sit around and stiffen up during the day, keep active.
- Avoid carrying awkward or unevenly distributed loads.

In any case, strictly comply with your healthcare professional's prescription and recommendations for use

How often should I wear my Action Reliever?

Everyone is different but, once you have built up your wear time, how often you wear the Action Reliever is up to you. The brace works when worn, so if you are suffering from pain in the knee, or you know you are going to have an active day we would recommend you wear the brace for the active part of your day. If you are having a lazy day and your pain levels are low, it is ok to have some time out of the brace but try not to stiffen up. If you tolerate the brace well, and find the pain relief and stability beneficial, there is nothing to prevent you from wearing the knee brace most of the day.

In any case, strictly comply with your healthcare professional's prescription and recommendations for use