





ENGLISH

LIST OF PARTS

1. D-ring
2. Top Strap
3. Upper Cruciate Strap
4. Lower Cruciate Strap
5. Bottom Strap
6. Lower Lateral Arm
7. Lateral Tibial Flare
8. Condyle Pad

INDICATION FOR USE

- Anterior Cruciate Ligament instability, posterior cruciate ligament instability, medial collateral ligament injury, lateral collateral ligament injury.
- Low, medium and high contact/impact activities.

WARNING

This Knee Brace is a supportive brace only and is not intended or guaranteed to prevent knee injury. Purchaser agrees to the following:

1. Össur accepts no responsibility for any injury which might occur while using Össur knee bracing products.
2. With use of this type of device, it is possible to receive various types of skin irritation, including rashes and pressure points. If you experience any unusual reactions while using this product, consult your health care provider immediately.
3. If you have any questions as to how this knee brace applies to your own specific knee condition, consult your health care provider. If you do not agree to the above conditions, contact your brace provider before using this product.

BRACE APPLICATION

1. Unfasten all straps from the outer side of the brace.
2. With the knee bent in approximately 90 degrees, place the brace over your knee such that the patella is centered between the condyle pads (Figure 2). **NOTE:** This places the hinge slightly above the joint line so the brace can properly seat itself when you stand (Figure 3).
3. Beginning with the strap just below the knee (lower cruciate strap), fasten the strap snugly above the calf muscle as this will aid in the brace suspension (Figure 4). **NOTE:** All straps can be trimmed or adjusted to length.
4. Next, snugly fasten the bottom strap by inserting it through the D-ring.
5. Continue with the strap just above the knee (upper cruciate strap), followed by the top strap. Snugly fasten both straps. **NOTE:** Overtightening the two top straps can cause the brace to migrate.

WARNING: If brace causes discomfort or irritation, discontinue use immediately and contact your health care provider.

BRACE MAINTENANCE

The CTi brace is designed for minimum maintenance and care. Follow these easy maintenance steps to keep your brace in good condition.

Cleaning

- Liners, straps and pads may be removed for cleaning.
- Do NOT machine wash.
- Do NOT place in dryer.
- Hand-wash using mild non-detergent soap (30°C).
- Rinse thoroughly.
- Air-dry.

If migration occurs, clean silicone liners with an alcohol wipe or damp cloth. If brace is used in salt water or chlorinated water, rinse well and air dry.

Hinge maintenance

- Do NOT disassemble the hinge.
- Check regularly for foreign materials in hinge (i. e. dirt or grass).
- Carefully clean dirt from hinge using water or compressed air.
- Lubricate with silicone spray or dry graphite if needed.

ACCESSORIES

The following accessories are available for your CTi brace at an additional charge. To order call your Össur Customer Service Department.

- Patella cup – Knee cap protection, especially for motocross, mountain biking or work that requires kneeling.
- Flexion stop kit – Stops can be set from 0°–90°
- Anti migration wrap.
- Liner kit.
- Strap kit.
- D-ring kit.
- Subshell kit.
- PCL Kit - to counteract against posterior subluxation of the tibia.
- Motorcross kit – Includes patellar cup, gear guards, undersleeve and stickers.

SETTING UP THE D-RING

The field-serviceable d-rings can be changed from internal to external d-rings or replaced if a d-ring is broken.

1. While holding the d-ring firmly against the frame, remove the screw (Figure 5).
2. Remove the d-ring system from the frame (Figure 6).
3. Replace the broken d-ring/inserts with new d-ring/inserts (if applicable) (Figure 7).
4. Snap the female insert into the d-ring.
5. Place the d-ring/female insert assembly into the bronze bearing in the frame with the washer under the d-ring (internal or external) (Figure 8).
6. Insert the male insert on the opposite side of the frame into the d-ring assembly. (note: Replace with the appropriate male insert. The outer surface of the insert has either one or two dots. Use the same type as the originally installed version)
7. Tighten down the screw (Figure 9).

SETTING UP THE PCL SUPPORT SYSTEM

The PCL kit is designed to counteract against a posterior subluxation of the tibia. The thigh plate and strap apply a posterior force against the anterior thigh, while the lower straps and calf plate apply an anterior force to the tibia. To place the PCL system in the correct position on the leg:

1. Remove the upper cruciate d-rings .
2. Replace the female insert, original d-ring, and washer on the outer surface of the frame.
3. Insert the male insert (double dots on the head of the male insert) into the circular recess on the PCL d-ring.
4. Fasten down the assembly with a screw.
5. If the double dot male insert with the 2 dots is too long, then replace with the single dot male insert.
6. Repeat for the remaining upper cruciate d-ring.
7. Apply the brace.
8. Loosely apply the thigh strap with the anterior thigh plate into the PCL d-rings (straps may need to be trimmed to size)

ACL CABLE SYSTEM (ANTERIOR CRUCIATE SUPPORT)

The ACL Cable System is intended to give additional support to the ACL deficient/lax knee.

1. Apply the CTi Brace according to the standard procedure. The four straps should be fastened, but the secondary cable strap should still be loose.
2. Once the brace is firmly in place, pass the cable strap through the smaller buckle.
3. Tighten the cable strap to place the desired amount of pressure on your tibia.

REFURBISHING

From time to time, your CTi should be sent to Össur for refurbishing. The frequency of this will depend on how often the brace is worn and for what activities. Your brace supplier should help you to determine when your brace needs to be sent in for service, but once a year is a good rule of thumb.

As part of the refurbishment process, Össur will check your brace for signs of wear, repaint it, and rebuild it with all new components, including rivets, buckles, straps and padding. There is a usual turnaround time of three to five working days. Please contact the local Customer Service Department before sending the brace back for refurbishment.

FIT ADJUSTMENTS

Widening or narrowing fit at knee joint

The CTi brace can be adjusted for individual knee width. To widen or narrow the width at the knee, the 6 mm (1/4") padding located under each cover can be removed and replaced with thinner pads [3 mm (1/8") or 1,5 mm (1/16")] or you can install a shim behind the 6 mm (1/4") pad to make the fit more snug. Any combination of pads can be used to achieve a more comfortable fit.

Adjusting fit at the tibial horseshoe

Tibial wedge pads can be installed to fill in any gaps around the tibia (Figure 10) and achieve the desired fit. To add a wedge pad, pull back the silicone liner and place the proper wedge pad (medial or lateral) on top of the hook-and-loop fastener to which the silicone liner was originally fastened (Figure 11). Press the silicone liner back into place on top of the wedge pad. Fine tune the padding until your CTi brace fits snugly against the tibia (Figure 12).

CHANGING EXTENSION STOPS

Extension stops are available for varying degrees of extension control.

1. Remove the pad from the condylar area.
2. Using a short Philips head screwdriver, remove the screw in the center of the hinge plate (Figure 13).
3. Locate the extension stop positioned in the hinge between the upper and lower arms of the brace. With brace slightly bent, push the extension stop from the back of the brace through to the front. This should cause the stop to pop out of the hinge (Figure 14).
4. From the bag of extension stops included with the brace, choose the stop which corresponds to the desired degree of extension. Feed the hole end of the stop through the hinge from the front to the back of the brace, with the curved side facing down and the flat edge facing up. Make sure that the sharp extrusions on the flat end of the extension stop are pointed toward the distal portion (bottom half) of the brace (Figure 14). The flat end of the stop should be visible from the front of the brace.
5. Align the hole in the center of the hinge plate with the hole in the extension stop. Replace and tighten the screw through the hinge plate and extension stop. Replace the pad. This procedure must be completed on both the medial and lateral hinges.
6. Choose the appropriate extension stop (Blue = 0°, Black = 0–10°, Dark Gray = 10–20°, Medium Gray = 20–30°, Light Gray = 30–40°)**These numbers are approximate. Actual extension stop will vary from person to person depending on anatomical differences. Appropriate extension stop size is normally determined by health care provider.

LIMITED WARRANTY

This warranty covers all defects in materials and workmanship of your new CTi Knee Brace. This Warranty covers the rigid carbon fiber brace frame and Accutrac™ hinges for the lifetime of the patient that the brace was originally built for. The warranty covers all other materials, including straps, sleeves, liners and pads for six months from the date of original purchase. Össur will repair or replace (at its option) any defective part covered under warranty at no charge. Repairs necessitated by accident, negligence, misuse or abuse by the purchaser are not covered. Also, consequential and incidental damages are not recoverable under this warranty. These limitations may not apply as some states do not allow the exclusion or limitation of incidental or consequential damages. Only the original purchaser is entitled to claim service under this warranty. With the brace you get a one year fit guarantee. To obtain service under this warranty call our Customer Service Department.