

## How to Wear and Adjust your T-Scope Knee Brace

1. Lay brace out flat with orange locking button on the side above the knee joint (Picture 1).
2. Adjust the length of the brace using the clips above and below the hinge (Picture 2). The brace will slide up and down. The brace should sit slightly below the groin and just above the ankle. **Be sure to adjust both sides to match!**
3. Line up the hinge is on either side of the knee joint.  
*\*\*It is okay if one or both pads are not touching the leg\*\**
4. Starting with the strap below the knee joint, flip open the Velcro tab on the front of the brace and pull the strap tight **behind** the leg (Picture 3). Re-stick the Velcro tab down.
5. Bring the plastic clip across the front of the leg and attach (Picture 4). Pull tight on the strap to take out slack on the front and Velcro it down. Be sure your side brace hinges are still centered at your knee joint.
6. Repeat step 4 and 5 for the remaining three straps.
7. When standing brace should run down the length of the leg and be snug. If possible, wearing to brace directly on the skin is advised. Wearing the brace over your pants is also acceptable.
8. If the straps are too long, remove the Velcro Y-tab, fold over straps, and replace Y-tab and re-Velcro down. **We do not suggest cutting the straps.** If you accidentally cut a strap too short, insurance will not cover a replacement brace.

### For adjusting the range of motion:

1. At the knee hinge, gently pull the gray tab straight out and slide to the required flexion/extension and push back in.
2. The orange button above the hinge will lock the brace with zero range of motion to maintain a straight leg. This can be done by pressing the button downward to lock and upward to unlock.



Picture 1

Flip open clip to slide up or down for length



Picture 2

Flip tab to pull slack from strap behind the leg



Picture 3

Plastic clip to pull slack from front of leg



Picture 4



A correctly adjusted, well-fit brace