



Varum Valgum Adjustable Stress Custom-Made Offloading Knee Orthosis

Patient Application and Aftercare Guidelines

APPLICATION

- After opening all of the Velcro® straps, apply the V-VAS™ in a sitting position with your leg bent to an approximately 45 degree angle and then position the center of the knee joints on the V-VAS™ so that they are in alignment with the center of your patella (knee cap). as seen in Figure 1.
- As you are fitting the V-VAS™ make sure that the plastic shells are in full contact with your thigh and shin areas.
- Secure the straps by beginning with the strap below the knee joint as seen in Figure 2 and proceeding down and secure the lower calf strap as seen in Figure 3. Then secure the thigh strap above the knee joint as seen in Figure 4 (make sure all straps are as tight as you can comfortably tolerate). This will optimize function and suspension of the V-VAS™.
- Please note that once you have taken a few steps, it may be necessary to re-secure/ tighten the straps again following the same strap sequence.

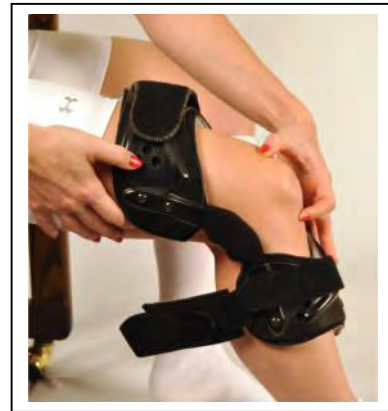


Figure 1



Figure 2



Figure 3

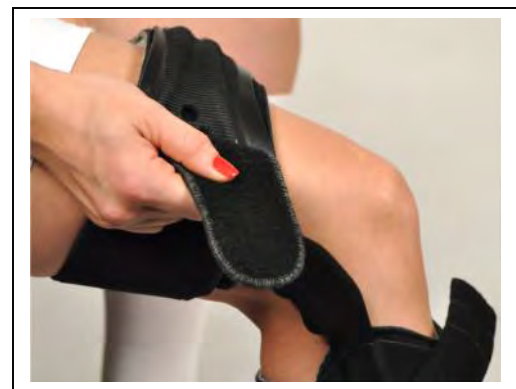


Figure 4



OFFLOADING ADJUSTMENTS

- To increase Valgum or Varum stress, turn the adjustment screw counterclockwise using the hex head screwdriver provided on the calf section as seen in Figure 5 and thigh seen in Figure 6. (Note that the adjustment is made on the painful (affected) side of the leg. Figure 5 and 6 are showing an adjustment made for a patient having pain on the inside (medial) side of their right leg).



Figure 5



Figure 6

- Make sure that the adjustment is made equally on the upper and lower uprights (a line is scribed at the point where the uprights enter the plastic shell).
- It is recommended that only your qualified provider make this adjustment as over adjusting could cause further injury to your knee.

WEARING

- The V-VAS™ is designed to control symptoms related to uni-compartmental Osteoarthritis, or as a tool to determine whether certain surgical procedures could be beneficial.
- Depending on the severity of the symptoms, it can be worn continuously or intermittently.
- Initially you may have to gradually increase the time period that the V-VAS™ is worn. This is determined by how quickly you adapt to it.
- Your qualified provider may have specific wearing recommendations. Follow them when instructed to do so.

CARE

- The liners on the thigh and calf are removable. They should be hand washed as needed. To wash, use a mild laundry soap and water solution. Make sure you rinse the liners thoroughly with clean water. Air dries, by lying flat.
- The outer shells and straps can be wiped down with a mild laundry soap and water solution or rubbing alcohol. Use a non abrasive cloth.
- The knee joint mechanism can be lubricated as needed with a silicone spray.

REMEMBER

- Align the mechanical knee joints on the orthosis with center of the patella (knee cap).
- Follow the strapping sequence.
- Make sure all of the straps are secure.
- The knee joint can be lubricated as needed with a silicone lubricant.
- The liners can be removed and washed as needed to minimize skin irritation.
- Properly position the V-VAS™ and make sure it is secure. This will optimize the results achieved by the custom offloading knee orthosis.
- Consult your qualified provider if you are not having optimal results.



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