

How To Use Your T-scope Post-op Knee Brace:

Figure 1



On the “FLEX” arc, grasp the purple clip between two fingers and pull straight back to slide it out of the slot, and move to desired degree setting (goes up by 10° increments). The purple clip will slide into place with the degree setting it is at showing in the window of the clip. Now adjust the opposite hinge to the same setting.

Figure 2



The red switch on each hinge locks the brace at the position the brace is in when slid into the locked position. To unlock the brace to allow for the knee to bend, push the red switches on both sides of the brace up, towards your thigh. This should allow your knee to bend to the positions set by the purple clips on each side of your brace.

For ACL and Ligament Repairs:

- Your knee is to be in the full extension position (straight) for 4-6 weeks, with the exception of being able to bend it to a maximum of 90° when sitting in a vehicle, going to the bathroom, etc.
- To allow your knee to do this, slide the red switches on both sides of your brace up, towards your thigh to achieve up to a 90° range of motion. Refer to Image 2 above.
- To extend your knee back to completely straight, extend your knee as far as the brace will allow you, then push the red switches on both sides of the brace downward, towards your ankle to lock the brace back to full extension (straight). A thin red line will appear above the red switches when locked.
- After the 4-6 week period you will then have your range of motion increased to 110° of flexion by using the purple clips as pictured in Image 1.
- You will be sleeping in the brace for 6 weeks. For weeks 1&2 lock your brace in complete extension (straight), weeks 3&4 set the brace for 0-30 degrees, weeks 5&6 set the brace for 0-50 degrees while sleeping.

For Patellar or Quadriceps Tendon Repairs:

| Weeks Post-op | Setting while ambulating | Setting once seated |
|---------------|---------------------------------|----------------------------------|
| 1 & 2 | 0 Degrees (completely straight) | 0-90 Degrees |
| 3 & 4 | 0-30 Degrees | 0-110 Degrees |
| 5 & 6 | 0-50 Degrees | 0-120 Degrees (all the way open) |

For sleeping, lock your brace in complete extension (straight).

To watch the patient application video, go to:

https://www.youtube.com/watch?v=wtQAV3StDvg&feature=emb_title

You can also scan the QR code on the top of your brace with your smartphone to pull the video up.

For more information on your T-scope knee brace, go to:

<https://www.breg.com/products/knee-bracing/post-op/t-scope-premier-post-op-knee-brace/>