



**UNLOADER®**

Knee Osteoarthritis  
Solutions

## WHAT IS OSTEOARTHRITIS?

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Osteoarthritis (OA) is the most common form of arthritis. Today, doctors recognize that OA pain is caused by wear and tear on a joint and the associated inflammation. OA of the knee is the result of degeneration, or breakdown, of the articular cartilage that covers and protects the bones in the joint. This is a biomechanical problem. As seen in the x-ray to the right, the space between the two bones in the knee, where cartilage used to be, has

narrowed and the bones are rubbing together. Your doctor may refer to this as “bone-on-bone” contact.



Medial compartment  
OA of the left knee

## WHAT ARE MY OPTIONS?

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Although no cure exists for OA, several options are available to alleviate the pain and allow you to perform activities of daily living. An Össur® OA knee brace is a conservative option that doesn't require surgery. While not right for everyone, an Össur OA knee brace may enable you to increase your activity level and become

less dependent on medications or surgery to relieve pain.

Discuss the various options with your doctor. A balanced treatment program can reduce pain and improve function, enabling you to become more active than you've been in years.

## TALK WITH YOUR DOCTOR

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The first and most important step is to discuss with your doctor your lifestyle and activities that you miss because of knee pain. The treatment you choose should match your lifestyle and allow you to return to the activities you enjoy. In many cases, you may not require surgery to be active and without pain.

Ask your doctor if an Össur OA knee brace is an option you can try before considering surgery.

## THE IMPORTANCE OF EXERCISE

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It is important to exercise regularly to increase your range of motion and strengthen the muscles that protect the knee. Exercise can also help you to maintain a healthy weight.

### TREATMENT OPTIONS

There are several treatment options, depending on the severity of your condition, but the most common are:

- Medications or injections
- Knee bracing
- Physical therapy
- Surgery

Talk with your doctor to understand the advantages and limitations of each.

Consult your physician or health care professional before starting an exercise routine.

## OA KNEE PAIN AND THE UNLOADER TREATMENT

Unloader braces unload the affected, painful side of the knee using a 3-Point Leverage System. The thigh and calf shells account for two points of leverage, while the Dynamic Force System™ straps provide the third. This system “unloads”

the pressure from the affected area, providing a reduction in pain.

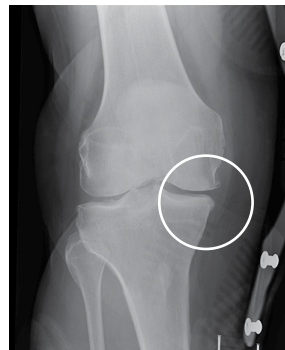
The biomechanical change in the knee is demonstrated by the x-rays below.



Knee OA without bracing  
(bone-on-bone contact)



The 3-Point Leverage System  
(Unloader One® X shown)



Knee OA with bracing  
(space created between bones)

## HOW CAN I TRY A KNEE BRACE?

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If you are interested in trying a knee brace to help relieve your OA knee pain, simply follow these 3 easy steps:

### Step 1: Diagnosis

Obtain a diagnosis from your doctor stating that you have a treatable OA condition.

### Step 2: Prescription

Obtain a prescription for an Össur OA knee brace from your doctor.

### Step 3: Fitting

Take your prescription to an orthopaedic practitioner to be fitted with the appropriate Össur OA knee brace. To find a local practitioner in your area, go to [ossur.com/unloader-braces](https://ossur.com/unloader-braces) and select Find a Practitioner.

Most Össur products are covered by insurance. If you need assistance or have any questions regarding where to purchase an Össur product, please contact us so we can help you get back to living a Life Without Limitations®.



# UNLOADER ONE®



MILD-TO-MODERATE OA



## UNLOADER ONE® LITE

At just 10 oz, this is a lightweight functional brace for OA knee pain. Perfect for lean, athletic legs, Unloader One Lite helps to alleviate pain and improve function.

Clinically proven to reduce knee pain associated with unicompartmental OA of the knee or degenerative meniscal tears

## MODERATE-TO-SEVERE OA

### UNLOADER ONE®



#### ORIGINAL

The Unloader One brace that started it all. Simple to use with dual DFS straps and a single ratchet tension adjustment system.



#### SMARTDOSING

Dual SmartDosing™ straps allow for micro adjustments due to pain levels or volume fluctuations such as weight gain/loss or swelling.



### UNLOADER ONE® X

Breathable, soft edge shells combined with our patented DFS straps and SmartDosing dials create a lightweight, low-profile, comfortable brace that is easy to use.

# ALTERNATIVE OA KNEE BRACING OPTIONS

## EARLY ONSET-MILD OA



### FORMFIT® PRO KNEE OA

The FormFit Pro Knee OA brace is a pull-on sleeve brace with dual DFS straps. The soft hinge and medical grade compression make it the perfect brace for sports or times when a less robust brace is needed.

## MILD-TO-MODERATE OA



### FORMFIT® OA EASE

The low-profile wraparound design is easy to apply and remove using simple rubber pull-tabs and color-coded guide dots while the single Dynamic Force System™ strap provides pain relief in the affected knee compartment.





## MILD-TO-MODERATE OA



### REBOUND® DUAL

Rebound DUAL is a double upright hinged brace that can be configured for active patients with ligament instabilities who also have osteoarthritis.

## MODERATE-TO-SEVERE OA



### UNLOADER® CUSTOM

Incorporating a Dynamic Force System™ strap that is easily fine-tuned using the SmartDosing dial, the Unloader Custom is ideal for patients with non-standard thigh to calf ratios.

## OPTIONS

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### Custom Brace Colors

A knee brace is part of your apparel. That's why our Custom Unloader and DUAL braces (Unloader One X, Unloader One SmartDosing, Unloader Custom & Rebound DUAL) are available in a variety of colors and/or custom painted designs to match your style. Check with your Össur brace representative or go to [www.ossur.com](http://www.ossur.com) to see color and paint options available for each brace.

### Accessories

Össur offers a variety of accessories to suit your needs. Whether you require ease of use accessories such as dial covers and fingerloops, undersleeves, or alternative liners, we offer a range of extras.

### Brace Liners

Össur offers removable liners for all of our custom braces. You may purchase extra sets for your convenience. Liners should be hand washed and hung to dry. Hypoallergenic materials are available.

## WARRANTY INFORMATION

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Össur stands by its products. We are confident that our products work for those who require them and use them as directed.

### Custom Braces

All Össur custom OA knee braces (Unloader One X, Unloader One SmartDosing, Unloader One Original, Unloader Custom & Rebound DUAL) come with a 30-Day Satisfaction Guarantee. In addition, Össur warrants the frame and hinge components to be free of defects in materials and workmanship for the lifetime of the original patient.

Straps, liner/covers, sleeves, return cords, hinge coatings and other soft components shall be warranted free from defects in materials and workmanship for 6 months.

### Sleeve Braces

Össur warrants the FormFit® Pro Knee OA to be free of defects in material and workmanship for 6 months.

### Pre-Fabricated Braces

All Össur pre-fabricated OA knee braces (Unloader One X, Unloader One SmartDosing, Unloader One Original, Unloader One Lite, and FormFit OA Wraparopund) come with a 30-day satisfaction guarantee. In addition, Össur warrants the frame and hinge components to be free of defects in materials and workmanship for 2 years.

Straps, liner/covers, sleeves, return cords, hinge coatings and other soft components shall be warranted free from defects in materials and workmanship for 6 months.



## Do you suffer from knee pain?

Understanding the underlying causes of knee pain is the first step towards alleviating the pain and rebuilding a more active lifestyle.

For more information visit  
[ossur.com/unloader-braces](https://ossur.com/unloader-braces)

FOLLOW ÖSSUR ON



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