



ÖSSUR BRACING
THROUGH
TELEHEALTH:
END-USER GUIDE

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NEED SOME EXTRA HELP?

Look for these blue bubbles throughout this guide for helpful how-to video links and more!

HOW TELEHEALTH WORKS

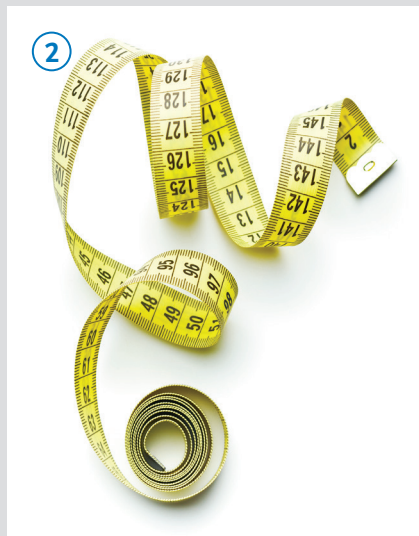
Telehealth is the distribution of health-related services and information via electronic information and telecommunication technologies. It allows long-distance patient and clinician contact, care, advice, reminders, education, intervention, monitoring, and remote admissions.

After Your Appointment

Here is what you can expect after the virtual appointment with your doctor.



1 Based on your virtual appointment with your doctor, they may prescribe you a knee brace.



2 You will need to self-measure to determine which size brace you need. Sizing charts are available in the "Self-Measuring" section of this guide.



3 The brace will be drop-shipped to your door.

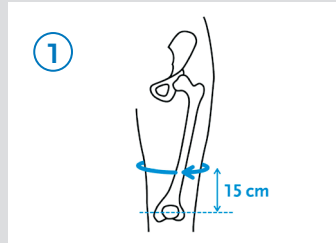
Your doctor has now prescribed your Össur knee brace. To order the correct size, you'll need to provide a few simple measurements of a specific designated part of your leg. We recommend having a friend, family member, or assisted living staff member help you if you are unable to properly measure yourself.

What You'll Need

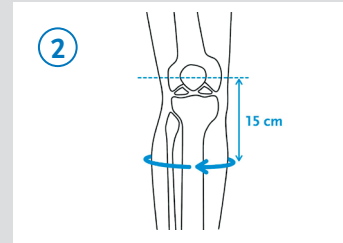
- Flexible measuring tape
- Two leg measurements:

Optional:

- Marker



Measure thigh circumference 15 cm (6") above mid-patella. Leg in extension.



Measure calf circumference 15 cm (6") below mid-patella. Leg in extension.

How To Measure: Let's break it down...



Stand with your feet shoulder width apart, legs only slightly bent.



Locate your center of your knee by palpating to find the top and bottom of your knee cap. You will measure from this point twice.

Tip: It can help to mark the knee center for quick reference on your second measurement.



From knee center, measure up 6 inches with the tape measure as shown.

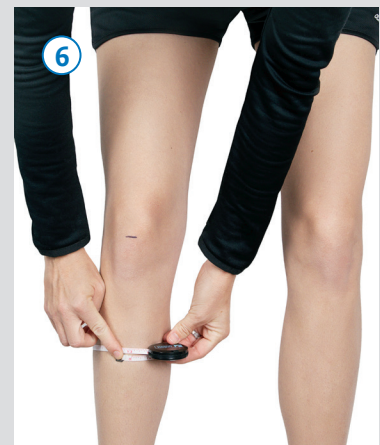


At the 6 inch mark, measure the circumference of your thigh, making sure the measuring tape is level all the way around and doesn't sag behind your leg.

Tip: Write your measurement down so you don't forget!



Measure down 6 inches from your knee center mark.



At that 6 inch mark, measure the circumference of your calf.

Tip: Write it down!



Don't have a flexible tape measure? Here's a  printable pdf version! Or a simple piece of string and a ruler can be used. See example images below.



What's My Size?

Now that you have your two measurements, find the brace that your doctor has prescribed below, and determine the correct brace size by following the size row matching both your thigh and calf circumference measurements. Provide your practitioner the measurements to get the brace ordered.

Note: Are you on the cusp of two sizes? It is recommended to go for the larger of the two.



Formfit® OA Wraparound/ Formfit® OA Ease



Size	Thigh Circumference	Calf Circumference
X-Small	14 – 16" (36 – 41 cm)	11 – 12.5" (28 – 32 cm)
Small	16 – 18" (41 – 46 cm)	12.5 – 14" (32 – 36 cm)
Medium	18 – 21" (46 – 53 cm)	14 – 16" (36 – 41 cm)
Large	21 – 23.5" (53 – 60 cm)	16 – 18" (41 – 46 cm)
X-Large	23.5 – 26.5" (60 – 67 cm)	18 – 20" (46 – 51 cm)
2X-Large	26.5 – 29.5" (67 – 75 cm)	20 – 22" (51 – 56 cm)
3X-Large	29.5 – 32" (75 – 81 cm)	22 – 24" (56 – 61 cm)

Formfit® Pro Knee OA



Size	Calf circumference 15 cm (6") below mid patella		Thigh circumference 15 cm (6") above mid patella	
	cm	inch	cm	inch
XS	26 - 31	10¼ - 12¼	36 - 41	14¼ - 16¼
S	31 - 36	12¼ - 14¼	41 - 46	16¼ - 18
M	36 - 41	14¼ - 16¼	46 - 51	18 - 20
M Comfort	36 - 41	14¼ - 16¼	51 - 56	20 - 22
L	41 - 46	16¼ - 18	51 - 56	20 - 22
L Comfort	41 - 46	16¼ - 18	56 - 60	22 - 23½
XL	46 - 50	18 - 19¾	56 - 60	22 - 23½

Formfit® Tracker



Size	Calf circumference 15 cm (6") below mid patella		Thigh circumference 15 cm (6") above mid patella	
	cm	inch	cm	inch
XS	25 - 30	10 - 12	33 - 39	13 - 15½
S	30 - 35	12 - 14	39 - 47	15½ - 18½
M	35 - 40	14 - 16	47 - 53	18½ - 21
L	40 - 46	16 - 18	53 - 60	21 - 23½
XL	46 - 51	18 - 20	60 - 67	23½ - 26½
XXL	51 - 56	20 - 22	67 - 75	26½ - 29½

Self-Fitting Your Brace

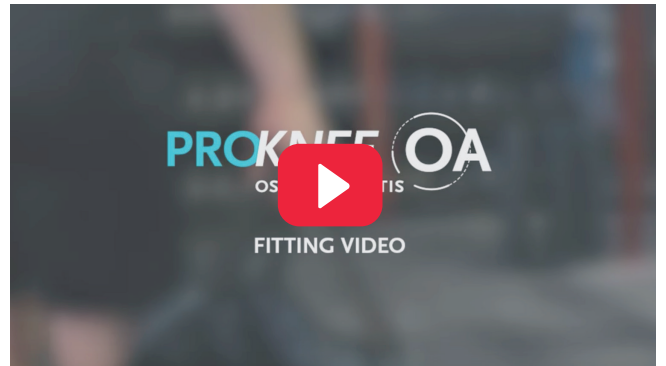
You've received your brace! In addition to the Instructions For Use included in the box with your brace, select the User Fitting Instructional video below, to help you easily, and confidently learn how to apply your new knee brace for the most optimal and comfortable fit.

For additional fitting videos, please visit the [Össur Academy YouTube channel](#).

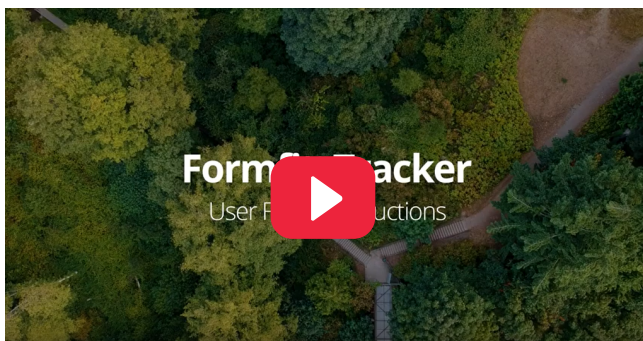
Formfit® OA Wraparound/ Formfit® OA Ease FITTING VIDEO



Formfit® Pro Knee OA FITTING VIDEO



Formfit® Tracker FITTING VIDEO



NEED SOME POINTERS FROM THE PROS?

Our friendly experts from Össur Academy are available to help you virtually through any troubleshooting with the fit of your brace via video chat!

HOW TO: Chat with an Össur Academy Clinical Specialist

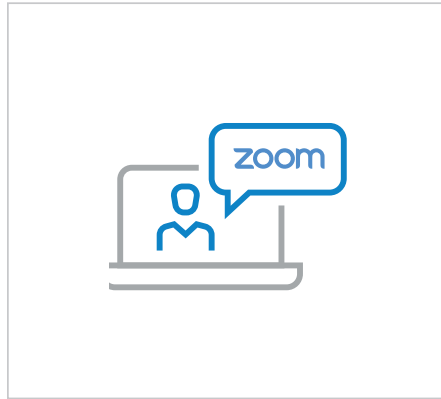


Email an Össur Academy Rep with your video chat availability at:

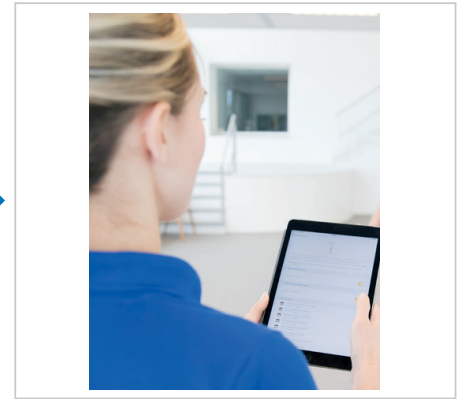
hsilverman@Össur.com

or

jmatthews@Össur.com



You will receive a Zoom link, for a video chat date and time, with the Össur Academy Rep.



Troubleshoot virtually for optimal fit and comfort.



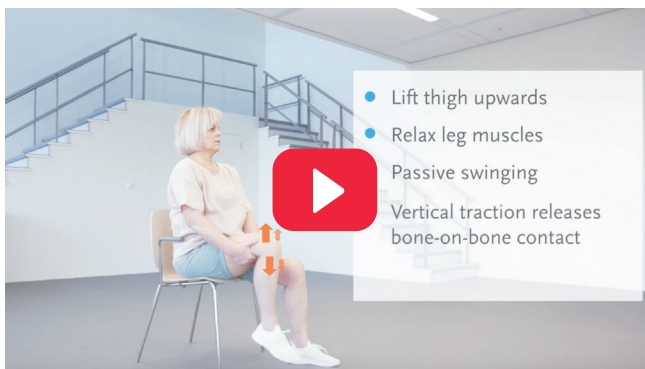
Not sure if your computer supports video visits? Here is a simple **Zoom video and audio test**.

Osteoarthritis Knee At-Home Exercises

There are many ways to get the healthy exercise we need, and whether you're beginner, or advanced, you can do it in the comfort of your own home!

With the expert consultation of your doctor's recommendation, Össur has you covered for easy-to-follow, at-home rehabilitation protocols that incorporate your knee brace.

BEGINNER VIDEO PLAYLIST



ADVANCED VIDEO PLAYLIST





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