

Bledsoe Axiom/Axiom-D Custom & OTS Knee Brace

Application Instructions & Patient Manual CP020223 Rev B 01/07

INSTRUCTIONS FOR ACL OR PCL SYMPTOMS



This device is offered for sale by or on the order of a physician or other qualified medical professional. This device is not intended for reuse on a second patient. This device is generally not intended for patients in excess of 350 lbs (159 kg).

Indications: For increased support for patients who have continued symptoms of giving way, poor quadriceps or hamstring strength, or a desire for an early return to sports activities.

AXIOM: Indicated for increased support of knees following injury to or reconstruction of the anterior cruciate ligament, posterior cruciate ligament, medial or lateral collateral ligament, or menisci either alone or in combinations when properly adjusted.

AXIOM-D: Indicated for increased support of knees following injury to or reconstruction of the anterior cruciate ligament or posterior cruciate ligament when properly adjusted.

Contraindications: Contraindicated in patients with triple varus knees that have damage to the postero-lateral structures combined with stretched lateral structures and varus thrust.

WARNING: Do not leave this device in the trunk of a car on a hot day or in any other place where the temperature may exceed 150° F (65° C) for any extended period of time. If any additional pain or symptoms occur while using this device, discontinue use and seek medical attention.

Warranty: Subject to the express terms of Bledsoe's Product Line Warranty, this device is warranted to be free from defects in material and workmanship for (1) a period of 6 months for pads, straps and normal wear components, (2) for a period of 12 months on all other parts, (3a) Custom: for the life of the device against hinge or shell breakage and (3b) OTS: for 5 years against shell breakage. These warranties apply to devices that have not been modified or subjected to misuse, abuse or neglect. Copies of the Product Line Warranty can be obtained via the internet at bledsoebrace.com or by calling 1-888-BLEDSOE (253-3763).

Manufactured by:

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For product information or questions pertaining to sales or service, please contact your area sales representative or Bledsoe Brace Systems directly.

Bledsoe Axiom/Axiom-D Custom & OTS Knee Brace

Application Instructions

Important Note to Patients: The order of strap application is critical to the proper function and comfort of your AXIOM/AXIOM-D Brace. The bold printed titles numbered 1-9 may be used as a reminder of the application sequence.



1. UNFASTEN THE STRAPS

Release all four straps on the backside of the brace by squeezing the levers on either side of the buckle and withdraw the strap tab. Loosen the two front straps.



ACL

PCL

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2. CHECK THE FIT

ACL: With the knee bent at 60°, lay the brace on the leg and align the hinge as shown above. The thigh and calf shell shapes should fit the front of the leg.
PCL: With the knee bent at 10°, lay the brace on the leg and align the hinge as shown above. The thigh and calf shell shapes should fit the front of the leg.

If the brace does not fit properly, do not proceed; the brace may need to be adjusted or the leg remeasured.



ACL

PCL

3. POSITION THE BRACE

With the brace still in the prefit position, locate the top of the knee cap. Position the center of the hinge on an imaginary line that goes across the top of the knee cap. Push the hinges posteriorly until the hinges are in the center of the knee joint when viewed from the side.



AXIOM-D

AXIOM

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4. ANCHOR THE BRACE

Wrap the upper rear calf strap around the calf as high as possible over the calf muscle.
AXIOM-D: Place the tab end of the strap through the D-ring. Pull the tab until a snug and comfortable fit is achieved.
AXIOM: Insert the overcenter tab into the base. Push the tab until you hear the hinge click on both sides. Adjust the strap by releasing the tab and pull the strap until a snug and comfortable fit is achieved.
All straps have additional length adjustment at the opposite end of each strap.



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5. ADJUST THE STRAP LENGTH

All straps have additional length adjustment at the end opposite the tab. Release the strap and adjust the length of the strap using the hook and pile fastener at the opposite end of the strap.



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6. ADJUST THE FRONT TIBIA STRAP

Tighten the front tibia strap. If the strap overlaps too far, see step 5 for adjustment instructions.

Center the strap pad

Bledsoe Axiom/Axiom-D Custom & OTS Knee Brace Application Instructions



7. FASTEN THE LOWER CALF STRAP

Insert the overcenter tab into the buckle base on the lower calf shell of the brace. Push the tab in until both sides click locked.

Adjust strap until a comfortable fit is achieved. (If the strap tab reaches its limit without achieving the desired fit, see step 5 for adjustment instructions).

Center the strap pad.

8. FASTEN THE REAR THIGH STRAPS

Following the same instructions as in step 8, fasten the lower rear thigh strap.

Next, fasten the upper rear thigh straps as in the step 7 instructions.

9. ADJUST THE FRONT THIGH STRAP

Tighten the front thigh strap.

Note: Overtightening the front thigh strap can cause the brace not to function properly.

Stand up and walk or jog around to see how your new AXIOM or AXIOM-D brace feels. Straps should not be so tight that blood circulation is restricted. Re-adjust as needed. If this is your first time to wear a functional knee brace, it might take a few hours of wear to get used to how it feels.

PATIENT INFORMATION

SPECIAL ADJUSTMENT FOR ANTERIOR CRUCIATE LIGAMENT INJURIES

In order to provide increased resistance against tibial subluxation (forward movement of the lower leg relative to the upper leg) when the leg is extended or to reduce force on a reconstructed ACL, it may be desirable to pretension the straps to provide a "shear force" across the knee by increasing the tension on the front calf strap on the tibia and the lower rear thigh strap on the back of the thigh. All straps for ACL patients should be adjusted with the leg bent at 60°–80°. Loosen the front thigh strap and increase the tension on the lower rear thigh strap and, if necessary, the front shin strap to provide a pre-loaded strap force that helps prevent anterior tibial subluxation.

SPECIAL ADJUSTMENT FOR POSTERIOR CRUCIATE LIGAMENT INJURIES

In order to provide increased resistance against posterior tibial subluxation (backward movement of the lower leg relative to the upper leg) as the leg bends or to reduce force on a PCL reconstruction, it may be desirable to provide a "shear force" across the knee by increasing the tension on the upper rear calf strap and the front thigh strap. All straps for PCL patients should be adjusted with the leg in full extension. Loosen the lower rear thigh strap and the front calf strap and increase the tension on the front thigh strap and the upper rear calf strap to provide a pre-loaded shear force that prevents posterior tibial subluxation.

Note: If needed, apply the included spacers behind the condyle pads to achieve proper condular pressure on the medial and/or lateral side of the knee.

Removal and Reapplication Tip: Only the four straps on the back of the brace need to be released for removal. The two front straps may remain fastened and will aid in quick positioning and reapplication.

THE FOLLOWING COMPONENTS AND SERVICES ARE AVAILABLE FOR YOUR BLEDSOE AXIOM OR AXIOM-D BRACE:

- Replacement Pad Kit
- Replacement Strap Kit
- Hinge Components
- Buckle Kits
- Undersleeve
- Padded Brace Cover for contact sports
- Refitting Service - if your thigh or calf change size.
- Refurbishing Service - if your brace needs updating, cleaning, or painting.

Please call Bledsoe at 1-888-BLEDSOE (253-3763) to order parts and services.

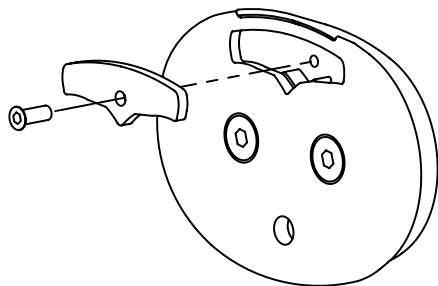
Bledsoe Axiom/Axiom-D Custom & OTS Knee Brace Extension and Flexion Stop Installation Instructions

CAUTIONS AND WARNINGS

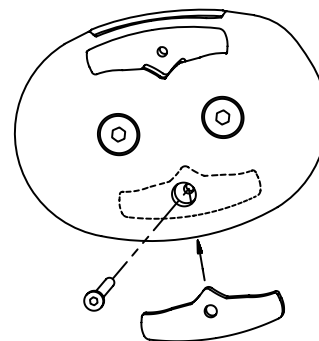
- Never leave dirt, sand or other abrasive particles in the hinge. Always clean it completely.
- Do not use lacquer thinner or other paint solvents to clean the brace. Damage may result to the plastic and the outer shell finish.
- Do not over-tighten the hinge screws or the nut plates as damage may occur.
- Do not use harsh chemical cleaners on the finish. Clean the outer surface with ordinary glass or surface cleaner.
- Do not continue to use the brace if parts are excessively worn, missing or broken. To do so may result in brace failure or injury.
- If a severe impact occurs, such as an accident or fall when playing sports or riding a motorcycle, inspect all brace parts for possible damage or signs of excessive strain and repair as necessary.
- Inspect the straps and strap tabs frequently for signs of wear and replace them before they're worn through. Straps and pads are normal wear items. If straps should fail, the chance for injury may increase.
- Wash the straps and pads with a detergent intended for delicate fabrics. Hand wash, rinse thoroughly and line dry. DO NOT place the pads in a heated dryer as damage may result. Use of regular laundry detergents may make it difficult to thoroughly rinse the pads and straps leaving a residue on the parts which could cause skin irritation.
- Always use a padded covering on the brace when playing contact sports to help prevent injury to other players.
- This brace is intended to increase support and proprioception on a previously injured or healing knee. It is not intended to prevent injuries or to prevent reinjury after surgery.
- If any pain or other symptoms occur with brace use, discontinue use and seek medical attention.

We at Bledsoe hope you enjoy your New AXIOM/AXIOM-D Sports Brace!

Engineered To Fit! Engineered by BLEDSOE!



1. INSERT STOP IN LOCATION AS SHOWN
2. INSTALL THE SCREW



1. SLIDE STOP BETWEEN THE TWO HINGE PLATES
IN LOCATION AS SHOWN
2. INSTALL THE SCREW