

KNEE BRACE

QUICK START GUIDE

We are constantly answering questions and recording helpful videos to make using your Vive Knee Brace as easy as possible.

Note: Due to the nature of the fabric, please remove the product from packaging and let air out 6-8 hours in a well ventilated room to dissipate neoprene smell.

HOW TO PUT ON THE KNEE BRACE

1. In a seated position, extend your leg so that your knee is straight.

2. Position the open ring in the center of the brace directly on top of your patella and the long strap oriented at the top of the brace.



3. Wrap the top strap above your knee and the shorter strap below your knee, and secure in place with the fabric fasteners.



4. Stand up, then bend and straighten your knee a few times to test the fit.
5. Adjust the fit to achieve the desired degree of compression and support



CARE INSTRUCTIONS:

- Make sure to remove the four aluminum splints from the fabric pockets on the outside of the brace prior to washing the knee brace.
- Be sure to secure the velcro to the brace, as it will attach to clothing in the washing machine.
- Machine wash cold with like colors.
- Hang or air dry.
- Do not bleach.