

# coretech™

## 833 KNEE BRACE



Owner's Manual - SUP2062BLK

## OVERVIEW

The Coretech Knee Brace offers support for knee injuries such as MCL and ACL tears, strains and sprains, while also reducing the risk of re-injury. Providing medial and lateral support, a hinge angle immobilization selector, above and below knee support straps, and mid-knee compression, the Coretech Knee Brace is the ultimate injury recovery brace.

We are constantly answering questions and recording helpful videos to make using your Coretech 833 Knee Brace as easy as possible. Check out the included link and QR code to help you through the process.



To see all of the FAQs in one place  
visit [vhealth.link/jr9](https://vhealth.link/jr9)

## WHAT'S INCLUDED

- 1x 833 Knee Brace

## ADJUSTING THE STRAPS

Each strap comes with a removable Y-strap to allow for a custom fit if they are too long.

1. Remove the Y-strap from the strap that you want to customize.



2. Use the folding method to test the length before cutting. Mark the location you want to cut, fold at this point, and then reattach the y-strap to the fold to test the adjusted length before cutting.

3. Once the strap length is confirmed you can cut the excess strap length and reattach the Y-straps or keep folded and use as is.



## ADJUSTING THE HINGE

It is recommended to adjust the hinge angle before putting the brace on, however, hinge adjustments may be made while wearing the brace if preferred.

The nature of this dual hinged knee brace requires that you set the same hinge angle on both sides of the brace.

1. Open the hinge cover and select your extension angle, you can choose from 0, 10, 20, 40, 60, or 90 degrees. Use the connected pins to lock in your selection.



2. Select your flexion angle, you can choose from 0, 10, 20, 40, 60, 90, or 150 degrees. Use the connected pins to lock in your selection.

## APPLICATION (Assistance may be required)

1. Sit on the edge of a sturdy chair with your knee straight.
2. Loosen and undo all straps, then place the brace on so that the hinge lines up with the outside of your knee cap.



3. Fasten the bottom inner strap then the top. Make sure the hinges remain aligned with the side of the knee cap.



4. Secure the outer buckles from top to bottom and tighten to a comfortable fit.



5. Stand to check the tightness of the brace. Walk around and bend the knee to check for slippage or any cause of discomfort. Readjust the straps if needed.



## CARE

Do NOT machine wash or dry. Spot clean with a damp cloth and air dry.

## WARNINGS

- Consult your doctor before use.
- Stop use if pain worsens.
- Assistance may be required during application of this support.
- Do not over tighten, doing so may lead restricted blood circulation.
- If you experience any pain, swelling, sensation changes, or any unusual reaction while using this product please consult your doctor immediately.

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