

OA KNEE BRACE ORDER FORM

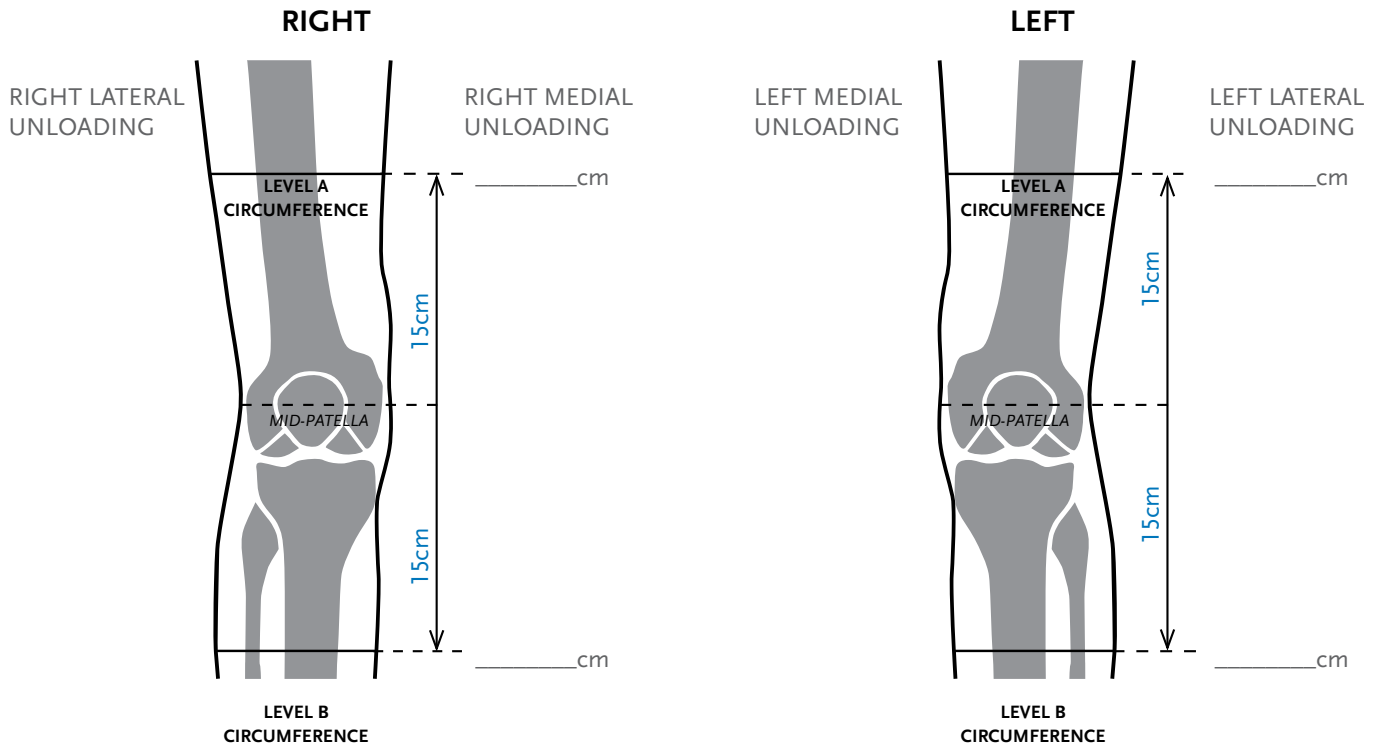
Model: **Unloader One® X** **Formfit® OA Ease** **Formfit® Pro Knee OA**

Date: _____ Name of Orthotist Practice: _____

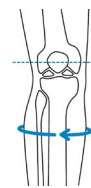
Name of Orthotist: _____ Patient Identifier: _____

Referring practitioner: _____ Was an UBT (Unloader Brace Test) performed: YES NO

Height of the patient: _____cm



Size	Calf circumference 15cm below mid patella
XS-M	25 - 43cm
L-XL	43 - 62cm

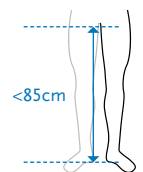


Measure calf circumference 15cm below mid-patella. Leg in extension.

SHORT

Size	Right Medial	Left Medial	Right Lateral	Left Lateral
XS-M	UOX1518713	UOX1618713	UOX1528713	UOX1628713
L-XL	UOX1518715	UOX1618715	UOX1528715	UOX1628715

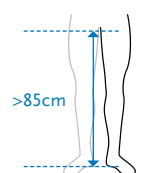
Recommended for patients with an inseam measurement <85cm. Hinge is placed on the side of the affected compartment.



STANDARD

Size	Right Medial	Left Medial	Right Lateral	Left Lateral
XS-M	UOX0518713	UOX0618713	UOX0528713	UOX0628713
L-XL	UOX0518715	UOX0618715	UOX0528715	UOX0628715

Recommended for patients with an inseam measurement >85cm. Hinge is placed on the side of the affected compartment.



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UNLOADER BRACE TEST (UBT) *(To be completed by orthotist)*

To select the appropriate patient for the treatment of uni-lateral knee osteoarthritis with an Unloader knee brace, an UBT has been developed based on findings from observational trials where patients describe an immediate onset of pain relief after a short test with an Unloader One brace¹. The compliance of Unloader One over a longer period has been demonstrated in clinical trials showing an average duration of wearing the brace of > 26 months².

UBT protocol and documentation

Patient to answer 6 questions in order to establish whether the brace will be an effective treatment or not:

1. Ask your patient to walk for 2 minutes on level ground **without** the brace on, followed by stair ascent and descent (minimum 5 steps) and then rate her/his knee pain.

Walking pain (VAS 0 -10):

(No pain.) (Worst pain.)

(Please mark with a "✓" to describe knee pain at baseline.)

2. Ask your patient to walk for 2 minutes on level ground **with** the brace on, followed by stair ascent and descent (minimum 5 steps) and then rate her/his knee pain.

Walking pain (VAS 0 -10):

(No pain.) (Worst pain.)

(Please mark with a "✓" to describe knee pain at baseline.)

3. Ask your patient whether her/his knee feels more stable with the brace on.

Yes No

4. Explain to your patient how to don and doff the brace. Then ask your patient to don and doff the brace in order to see whether she/he is able to handle the brace.

Ask your patient if she/he is comfortable donning and doffing the brace.

Yes No

5. Ask your patient if the brace feels comfortable while walking or sitting down.

Yes No

6. Ask your patient if she/he thinks that the brace would help her/him with regards to daily activities.

Yes No

DID THE PATIENT FEEL PAIN RELIEF WHILE USING THE UNLOADER BRACE (QUESTION 2) AND DID THE PATIENT ANSWER 'YES' TO AT LEAST 3 OF THE REMAINING QUESTIONS OF THE TEST?

Yes No

IF 'YES' THEN THE TEST RESULT IS POSITIVE AND THE PATIENT IS ELIGIBLE FOR THE UNLOADER BRACE. ^{1,2}

References:

1. Eickelboom et al. Poster ISPO 2016 Lyon, France
2. Lee et al. *Unloading knee brace is a cost-effective method to bridge and delay surgery in unicompartmental knee arthritis*. BMJ Open Sport Exerc Med. 2017 Feb 21;2(1):e000195. doi: 10.1136/bmjsem-2016-000195



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