



UNLOADER<sup>®</sup>

# Knee Osteoarthritis Solutions



## What is Osteoarthritis?

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Osteoarthritis (OA) is the most common form of arthritis. Today, doctors recognize that OA pain is caused by wear and tear on a joint and the associated inflammation. OA of the knee is the result of degeneration, or breakdown, of the articular cartilage that covers and protects the bones in the joint. This is a biomechanical problem. As seen in the x-ray to the right, the space between the two bones in the knee, where cartilage used to be, has

narrowed and the bones are rubbing together. Your doctor may refer to this as “bone-on-bone” contact.



Medial compartment  
OA of the left knee

## What are my options?

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Although no cure exists for OA, several options are available to alleviate the pain and allow you to perform activities of daily living. An Össur® OA knee brace is a conservative option that doesn't require surgery. While not right for everyone, an Össur OA knee brace may enable you to increase your activity level and become

less dependent on medications or surgery to relieve pain.

Discuss the various options with your doctor. A balanced treatment program can reduce pain and improve function, enabling you to become more active than you've been in years.

## Talk with your doctor

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The first and most important step is to discuss with your doctor your lifestyle and activities that you miss because of knee pain. The treatment you choose should match your lifestyle and allow you to return to the activities you enjoy. In many cases, you may not require surgery to be active and without pain.

Ask your doctor if an Össur OA knee brace is an option you can try before considering surgery.

## The Importance of Exercise

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It is important to exercise regularly to increase your range of motion and strengthen the muscles that protect the knee. Exercise can also help you to maintain a healthy weight.

### Treatment options

There are several treatment options, depending on the severity of your condition, but the most common are:

- Medications or injections
- Knee bracing
- Physical therapy
- Surgery

Talk with your doctor to understand the advantages and limitations of each.

Consult your physician or health care professional before starting an exercise routine.

## OA Knee Pain and the Unloader Treatment

Unloader braces unload the affected, painful side of the knee using a 3-Point Leverage System. The thigh and calf shells account for two points of leverage, while the Dynamic Force System™ straps provide the third. This system “unloads”

the pressure from the affected area, providing a reduction in pain.

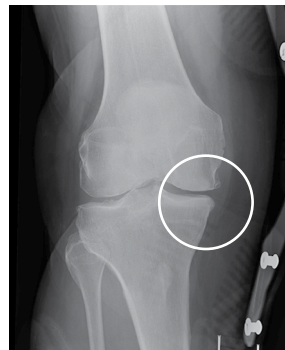
The biomechanical change in the knee is demonstrated by the x-rays below.



Knee OA without bracing  
(bone-on-bone contact)



The 3-Point Leverage System  
(Unloader One® X shown)



Knee OA with bracing  
(space created between bones)

## How can I try a Knee Brace?

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If you are interested in trying a knee brace to help relieve your OA knee pain, simply follow these 3 easy steps:

### Step 1: Diagnosis

Obtain a diagnosis from your doctor stating that you have a treatable OA condition.

### Step 2: Prescription

Obtain a prescription for an Össur OA knee brace from your doctor.

### Step 3: Fitting

Take your prescription to an orthopaedic practitioner to be fitted with the appropriate Össur OA knee brace. For USA practitioners, go to [go.ossur.com/en-us/find-a-practitioner](https://go.ossur.com/en-us/find-a-practitioner). For Canadian practitioners, go to [go.ossur.com/en-ca/find-a-practitioner](https://go.ossur.com/en-ca/find-a-practitioner).

Most Össur products are covered by insurance. If you need assistance or have any questions regarding where to purchase an Össur product, please contact us so we can help you get back to living a Life Without Limitations®.



Clinically proven to reduce knee pain associated with unicompartamental OA of the knee or degenerative meniscal tears

## Moderate-to-severe OA



### UNLOADER ONE® X

Breathable, soft edge shells combined with our patented DFS straps and SmartDosing dials create a lightweight, low-profile, comfortable brace that is easy to use.

### UNLOADER ONE®

#### SmartDosing

Dual SmartDosing™ straps allow for micro adjustments due to pain levels or volume fluctuations such as weight gain/loss or swelling.



#### Original

The Unloader One brace that started it all. Simple to use with dual DFS straps and a single ratchet tension adjustment system.

Custom versions also available to better fit individuals with a unique anatomy.



## Moderate-to-severe OA



### UNLOADER® CUSTOM

Incorporating a Dynamic Force System™ strap that is easily fine-tuned using the SmartDosing dial, the Unloader Custom is ideal for patients with non-standard thigh to calf ratios.

# Alternative OA Knee Bracing Options

## Early onset-mild OA



### Formfit® Pro Knee OA

The Formfit Pro Knee OA brace is a pull-on sleeve brace with dual DFS straps. The soft hinge and medical grade compression make it the perfect brace for sports or times when a less robust brace is needed.

## Mild-to-moderate OA



### OA Ease

The low-profile wraparound design is easy to apply and remove using simple rubber pull-tabs and color-coded guide dots while the single Dynamic Force System™ strap provides pain relief in the affected knee compartment.





## Mild-to-moderate OA



### Rebound® DUAL

Rebound DUAL is a double upright hinged brace that can be configured for active patients with ligament instabilities who also have osteoarthritis.

## Moderate-to-severe OA



### CTi® OA

CTi OA is a brace with composite shells that can be constructed with up to 7° of varus or valgus correction, offering a high level of protection and stability for treating osteoarthritis and ligament instability equally.

## Other OA Options



The Unloader Hip brace supports conditions benefiting from hip repositioning and/or compression around the greater trochanters, which may include:

- Hip osteoarthritis (OA)
- Femoroacetabular impingement (FAI)
- Labrum tears

## Warranty Information

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Össur stands by its products. We are confident that our products work for those who require them and use them as directed. Please visit our website for more information on our custom, sleeve, and pre-fabricated brace warranties <https://www.ossur.com/global/our-responsibility/our-commitments/product-warranty>.



## Do you suffer from Knee Pain?

Understanding the underlying causes of knee pain is the first step towards alleviating the pain and rebuilding a more active lifestyle.

### For more information visit

[go.ossur.com/en-us/Unloader\\_Braces](https://go.ossur.com/en-us/Unloader_Braces)  
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