



## CTi®3 Best Practices

To help patients get the most out of their Össur CTi®3 knee brace, we share some best practices focused on maximising performance, fit, and longevity below:

### Proper Fit and Sizing

- **Accurate Measurements:** Measure the knee and leg carefully before selecting a brace size, as a proper fit is essential for comfort and effectiveness.
- **Customisation:** The CTi®3 features adjustable straps and pads. Advise users to make adjustments for comfort and stability, ensuring it isn't too tight to avoid circulation issues.

### Proper Application

- **Donning the Brace:** Apply the CTi®3 while sitting with the knee slightly bent. Align the hinge with the knee joint and secure the straps from bottom to top for an even, snug fit.
- **Check Strap Tension:** Ensure straps are tight enough to provide support without causing discomfort or impairing blood flow. Overly tight straps can also affect the brace's function.

### Regular Maintenance

- **Cleaning:** After use, especially in active settings like sports, clean the CTi®3 brace with mild soap and water. Avoid using harsh chemicals, which can damage the materials.
- **Hinge Maintenance:** Occasionally check the hinges for dirt, sand, or any foreign materials that may impact movement. Clean and lubricate the hinges according to the manufacturer's instructions to maintain smooth operation.
- **Inspect for Wear and Tear:** Regularly check the padding, straps, and frame for signs of wear. Promptly replace any worn parts to ensure ongoing performance and comfort.

## Activity-Specific Adjustments

- **Sports Use:** The CTi®3 is designed for high-impact activities, but the brace should still be worn according to the sport-specific guidelines. For skiing, motocross, or other high-velocity activities, make sure the brace is positioned correctly, and the straps are securely fastened to avoid slippage.
- **Prevention of Overuse:** Even with the CTi®3 brace, advise users not to overexert themselves if they are recovering from injury. The brace provides support, but proper technique and rest are still crucial for knee health.

## Compatibility with Footwear and Other Equipment

- **Boot Integration:** If the user wears a motocross or ski boot, the bottom part of the CTi®3 should sit comfortably over the boot or within the boot's frame. Ensure there is no interference between the brace and the boot's flexibility.
- **Under or Over Clothing:** Advise users to wear the CTi®3 either under or over light clothing, depending on personal preference and activity. Wearing the brace over bulky clothing may reduce its effectiveness.

## Listening to Your Body

- **Pain or Discomfort:** If the CTi®3 causes new pain or discomfort, users should stop using it and consult their healthcare provider or brace fitter. Regularly checking the fit and function is crucial to ensure it supports rather than aggravates the injury.
- **Reassessing Fit:** Encourage users to periodically reassess the brace's fit, especially if they experience changes in muscle mass, swelling, or weight.

[Learn More](#)

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**FIOR & GENTZ**  
ORTHOPÄDIE-TECHNIK MIT SYSTEM



## Revamped FIOR & GENTZ Configurator

### What You Need to Know

Based on feedback from clinicians in Australia and New Zealand, we're pleased to announce updates to the FIOR & GENTZ configurator tool. These improvements enhance speed and efficiency, significantly reducing load times and increasing system stability.

We've also introduced a new feature: 'quick configuration.' This option allows the tool to bypass steps that don't require user input, enabling faster generation of prescriptions and parts lists - ideal for busy appointments.

For additional details, feel free to contact your local representative or our customer care team. If you're interested in signing up for FIOR & GENTZ's 'Expert Mail,' please reach out to Tim at [tamor@ossur.com](mailto:tamor@ossur.com).

[Explore our Neuro Orthotics range](#)

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## Orthotic Management of Acute Spinal Fractures

Register Now for our October Webinar!

**Webinar Presenter:** Stephanie Barnard (CPO)



This webinar will cover a comprehensive range of topics, including fracture levels and types, the naming of spinal orthoses, and specific regions such as cervical, cervical-thoracic, thoracolumbosacral, lumbosacral, and sacroiliac. It will also explore custom spinal orthoses and referral pathways within Western Australia. Additionally, the webinar will delve into the development of a virtual model of care for acute spinal fractures, particularly focusing on remote and rural areas of WA.

**Date:** Monday 28 October 2024

**Time:** 8:00pm - 9:00pm AEDT

[Register Now](#)

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## Conference Season is Here!

We have several key dates coming up in October when we'll be showcasing our products and hosting educational workshops. We can't wait to see you at our booth and look forward to engaging in insightful discussions.

October 13 - 17	Australian Orthopaedic Association Scientific Meeting (Brisbane)
October 16 - 19	Australasian College of Sport and Exercise Physicians Conference (Melbourne)
October 20 - 22	NZ Orthopaedic Association Scientific Meeting (New Plymouth)
October 24 - 26	Australian Orthotic and Prosthetic Association Congress (Canberra)

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## Price Changes Effective January 1, 2025

From 1 January 2025, Össur ANZ will implement a price increase across our range of non-contracted products. If you have any questions about this price change or would like a copy of our price list, please feel free to reach out to your local Össur representative or contact Customer Care.

[View Notification](#)

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## Customer Care

Contact the Customer Care team today!

Email

Meet the team



### Össur ANZ

**Sydney:** 26 Ross St, North Parramatta, NSW 2151 | 1300 123 268

**Melbourne:** 9 Market Dr, Bayswater North, VIC 3153 | 1300 123 268

**Auckland:** 6/80 Westpoint Dr, Hobsonville, Auckland, 0618 | 0800 369 524

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