



# Unloader One® X

Clinically proven to relieve OA knee pain



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)

UNLOADER ONE® X

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## Unloader One X® Brace Experience



In 2000, a gentleman from Myanmar faced a life-altering event when he became a transfemoral amputee on the right side due to a landmine. Now 54 years old, he found his mobility significantly limited not by his amputation, but by severe pain in his left knee. This severe discomfort, rated 8 or 9 out of 10, significantly hindered walking on uneven ground or stairs, limiting him to about 400m before requiring a 15-minute rest for relief.

Upon evaluation, it was determined that the gentleman's osteoarthritis was more pronounced medially, coupled with a varus alignment of the knee. In an effort to address his pain and improve his mobility, I decided to fit him with a medial Unloader One X brace. The impact was immediate and profound. At the end of our initial appointment, he expressed his approval and comfort with the brace, saying, "I like it already."



Further validation of the brace's effectiveness came from his long-term physiotherapist, who, after seeing him a few days later, reported: "He is loving the brace and reports with the assistance of his support worker that he is feeling much better than before. He 'feels 20% better with the brace on'. He is only taking it off when going to bed and feels it is letting him walk further and not requiring as much rest when moving around."

Moreover, during a subsequent appointment focusing on navigating stairs and ramps, he reported feeling more stable and secure. This was not just an improvement; it was a transformative change in his quality of life.

- Myriam Steffen  
Prosthetist/Orthotist

[Read Unloader One  
Stories](#)



## Reflections on Rotation and the Patello-Femoral Joint

Register today for the April Webinar

In this webinar, Dr Brian Loh will discuss the topic of Idiopathic rotational deformities in the lower limb. Despite extensive study, there is still confusion regarding the aetiology and at what degree of deformity a normal variant crosses into malalignment. Pathologic rotational abnormality can cause difficulty with walking, patellofemoral pain and instability.

### April Webinar Session

**Date:** Wednesday, 24 April 2024

**Time:** 7:00pm - 8:00pm AEST

[Register Now](#)



# The Painful Foot - Nonoperative and Operative Management

Register today for the May Webinar

As a healthcare professional, it is crucial to have a comprehensive understanding of common painful foot conditions. In this webinar, Dr Naveen Nara will provide valuable insights into the causes, clinical presentation, and management of these conditions (with some tips and tricks as well). This webinar will equip attendees with the knowledge and skills necessary to effectively diagnose and treat painful foot conditions in their practice focusing on nonoperative management, and working collaboration towards surgery if indicated. Join us for an informative webinar that will enhance your clinical practice and improve patient outcomes.

## May Webinar Session

**Date:** Wednesday, 22 May 2024

**Time:** 6:00pm - 7:00pm AEST

[Register Now](#)



## Exciting Opportunities at Össur Join Our Team!

- Are you a qualified Orthotist with a passion for using your clinical experience to educate and enhance patient outcomes?
- Do you love traveling and helping others optimise patient outcomes?

Due to three internal promotions, we are pleased to announce two new vacancies within our Össur Bracing and Supports team. We are seeking qualified orthotists who are interested in transitioning into

a sales-focused role. If so, we'd love to hear from you!

### New Vacancies

1 x Territory Manager WA/SA based in Perth

1 x Territory Manager VIC/TAS based in Melbourne

Never worked in Sales before? Don't worry our energetic and experienced team will train and support you in every aspect of the role with industry leading benefits and career advancement opportunities.

[Join Our Team: Apply Here](#)

## 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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