



FORMFIT[®] OA EASE

User guide

Formfit® OA Ease

How to use

Take control of knee joint pain, quickly and easily with the Formfit OA Ease. When properly applied, the brace will reduce load on the painful and affected side of the knee through a patented unloading system. Follow the step-by-step instructions in this guide or visit <https://go.ossur.com/formfit-oa-ease> for the video version.

Applying the Brace

1. With knee slightly bent, place the brace with the hinge against affected side of your knee

Place it high: Make sure the Ossur logo on hinge cap is in line with the top of your kneecap.

Place it back: When looking from the side, front of hinge cap should be at middle of the knee.

Depending on the shape of your leg and knee, you might need to adjust the positioning but being mindful of having the hinge correctly positioned will help prevent brace migration.

- 2-5.
 - Start by fastening the one dot tab, directly below the knee
 - Then fasten the two dot tab and so on until all tabs are in place

Readjust tightness and positioning if necessary, brace should sit firmly but comfortably on leg.

6. Move the strap behind your leg and put it through the plastic D-ring. Fasten the strap tab at “5”.

This setting should provide adequate pain relief. However, depending on your level of pain or volume fluctuations due to weight gain/loss or swelling, you can adjust the tension by placing the strap end more toward “0” or “10” indicator lines. Placing it more toward “10” will increase the tension while closer to “0” will decrease the tension. Remember to keep your leg as shown in picture number 6 when adjusting the strap.

Removing the Brace

1. Undo the strap and remove from the plastic D-ring.
2. Release all tabs and remove the brace from the leg.
3. Refasten all tabs and the strap to avoid tangling.



Care Instructions

Maintaining a clean brace will help prevent your brace from slipping and keep your skin healthy.

Before washing the brace, fasten the strap end and tabs.

- Machine wash in cold water, gentle cycle with mild detergent
- Washbag recommended
- Do not use bleach or fabric softeners
- Air dry
- Do not use a tumble dryer or place on any warm surface
- Do not iron
- Avoid contact with chlorinated or salt water, rinse well with fresh water in case this occurs
- Avoid leaving the brace out in strong sunlight for an extended amount of time
- Avoid getting sand or dirt particles into the hinge since it may damage it. Consult your practitioner in case this occurs



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