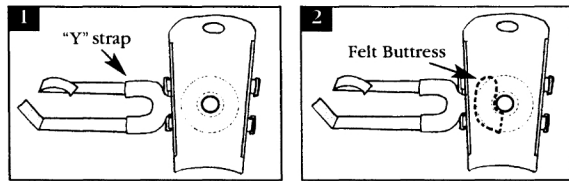


L-timate™ Patella Stabilizer

Application Instructions



1. Fit the L-timate™ Patella Stabilizer for the left or right knee by snapping the "Y" strap on the proper side of the stabilizer. The "Y" strap should be positioned on the outside of the injured knee.

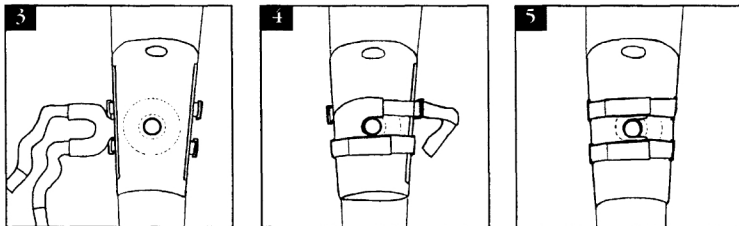
2. Position the felt buttress on the same side as the "Y" strap, along the outside border of the patella opening. Chronic subluxation and dislocation injuries should invert the "J" shaped buttress along the knee. Consult your physician or therapist for further instruction on positioning the "J" shaped felt buttress. *

3. Slip on the stabilizer, pulling the two loops on the side, to the level of the knee. Make sure the felt pad is right next to the border of the knee cap. The entire knee cap should be within the opening of the knee stabilizer.

4. Feed the lower strap through the D-ring. The "Y" strap should sit at the bottom portion of the patella opening. Take all the slack out of the strap while folding over and through the opposite D-ring. Bring strap back over and secure with hook and loop. Repeat with upper strap making sure the "Y" strap aligns with the top edge of the patella opening.

5. The "J" shaped felt buttress should now be positioned against the knee cap helping to maintain patella groove alignment. Adjust if necessary.

* *Right and left buttresses in 1/4" and 1/2" thickness are included with each stabilizer. Only one felt buttress should be positioned along the outside border of the patella opening.*



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