

M.3 Soft OA

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Fitting and documentation worksheet (RETAIN IN PATIENT RECORD)

This worksheet is for documenting the fitting process for the M.3 Soft OA knee brace only. It is not a substitute for following the manufacturer's instructions for use

Doctor: _____

Patient Name: _____

Record Number: _____

Age: _____ Height: _____ Weight: _____

Fitter: _____ Date: _____

This worksheet is only for use when fitting the M.3 Soft OA knee brace. This device is intended to be fit by a qualified health care practitioner as directed by a doctor or other medical authority. The M.3 Soft OA knee brace is a prefabricated orthoses. It is intended to be customized to fit an individual patient. **Tools required: scissors, soft tape measure, brace bending irons, 2.5mm hex key (included with the brace)**

Step 1: Review and measure

Time spent: _____

Review with the patient the need for the brace and discuss the data that confirms the efficacy of knee brace wearing to ensure patient compliance

Confirm the patient's measurement of thigh circumference 15cm up from mid patella

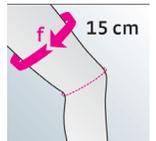
Patient measurement: _____

Confirm patient's needed size using the size chart

Patient size: _____

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size	centimeters	inches
XS	31-37cm	12 1/4-14 1/2"
S	37-45cm	14 1/2-17 3/4"
M	45-51cm	17 3/4-20"
L	51-57cm	20-22 1/2"
XL	57-65cm	22 1/2-25"
2X	65-74cm	25 1/2-29"



measurement: circumference of thigh 6" (15 cm) above the center of the patella (measured at the medial side of the thigh)

Notes: _____

Step 2: Customize the thigh and calf cuffs to fit

Time spent: _____

Customize the thigh cuff to match the patient's thigh shape. Customize the calf cuff to match the patient's calf shape. Note the needed alterations to the thigh and calf cuffs: _____

Have the patient try on the brace to ensure a comfortable wrapping fit.



Notes: _____

TIP: The frame shouldn't need to be removed from the sleeve for customization. The cuffs are easily cold-formed with bare hands

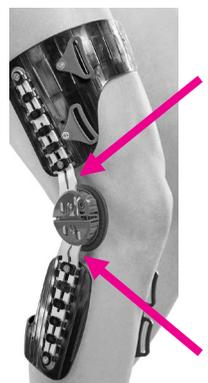
Step 3: Customize the aluminum uprights

Time spent: _____

Have the patient put on the brace. With the off-loading screw backed all the way out, check the pressure on the lateral femoral condyle. If needed, use bending bars or bending irons to adjust the uprights as needed. Always put two bends above and two bends below the hinge to keep a consistent S curve shape.

No bending needed

Notes: _____



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Fitting and documentation worksheet (cont.)

Step 4: Adjust the closure straps

Time spent: _____

- Strap 1 adjusted and trimmed
- Strap 2 adjusted and trimmed
- Strap 3 adjusted and trimmed
- Strap 4 adjusted and trimmed
- Strap 5 adjusted and trimmed

Notes: _____

TIP: The straps can be adjusted and trimmed while the patient wears the brace



Step 5: Educate the patient

Time spent: _____

Items to review with the patient:

- Donning-
 - Emphasize opening all straps completely
 - Make note of how straps two and four extend behind the thigh and need to be pulled to open completely
 - Note how to pull the brace up so the bottom of the patella opening sits right on the bottom of the patella
 - Direct the patient on how to adjust the straps in order once the brace is in position
- Off-loading
 - Have the patient practice turning the off-loading screw to adjust the lateral pressure
- Practice
 - Have the patient put the brace on a few times to make sure they're comfortable with the process
 - Have the patient walk in the brace to confirm fit and comfort
 - Reinforce the need for compliance. Over 80% of patients who wear their brace as directed, need fewer pain killers

Notes: _____



Clinical justification for this device:

Coding: L1843

Total time spent on customization: _____

M.3 Soft OA is PDAC verified L1843/L1851. It is the responsibility of the patient care facility to code and bill for the service accurately.