



OrthoStride[®]

Comfort *Knee Sleeve*



Instruction For Use

Please read these instructions carefully before application.

OrthoStride®

Comfort Knee Sleeve

GENERAL DESCRIPTION

Comfort Knee Sleeve is a flexible and supportive sleeve designed to enhance recovery by providing gentle compression and improving circulation. Its silicone-padded patella (kneecap) stabilizer ensures alignment, while its ergonomic fit offers relief from swelling, inflammation, and mild joint instability, making it suitable for daily use and athletic activities.

INTENDED USE

Comfort Knee Sleeve provides compression and support to manage mild pain, early osteoarthritis, and soft tissue injuries. It helps reduce swelling, improve mobility, and enhance stability during daily activities and sports. Designed for patellar stabilization and medio-lateral support, it ensures proper alignment while allowing unrestricted range of motion (ROM) for comfort and injury prevention.

INDICATIONS FOR USE

- Early onset of knee osteoarthritis (OA)
- Mild knee instabilities
- Articular effusion & swelling
- Chronic inflammation after operation or trauma
- Patellofemoral Syndrome
- Muscle strain around knee joint

CONTRAINDICATIONS

- Numbness/ Paraesthesia
- Severe varicose veins
- Skin disorders or injuries in the relevant area
- Impaired lymphatic drainage

PATIENT POPULATION

- Active adults with mild knee instability
- Patients with muscle strains, knee swelling, or patellofemoral pain
- Individuals with early-onset osteoarthritis (OA)

INTENDED USERS

Patients prescribed or guided by a Healthcare Professional (HCP) for intended use.

SIZE CHART

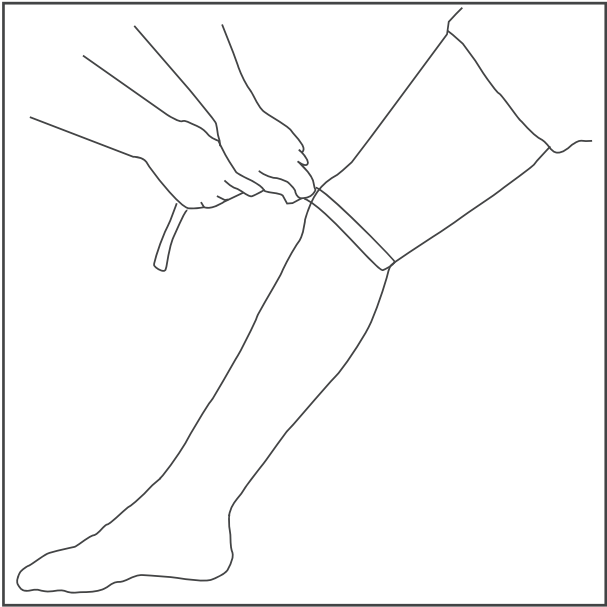
Size	inch	cm
1	10.5-12	27-30
2	12-13	30-34
3	13-15	34-38
4	15-16.5	38-42
5	16.5-18	42-46

KNEE SLEEVE

Knee Sizing Guide Measure around knee joint

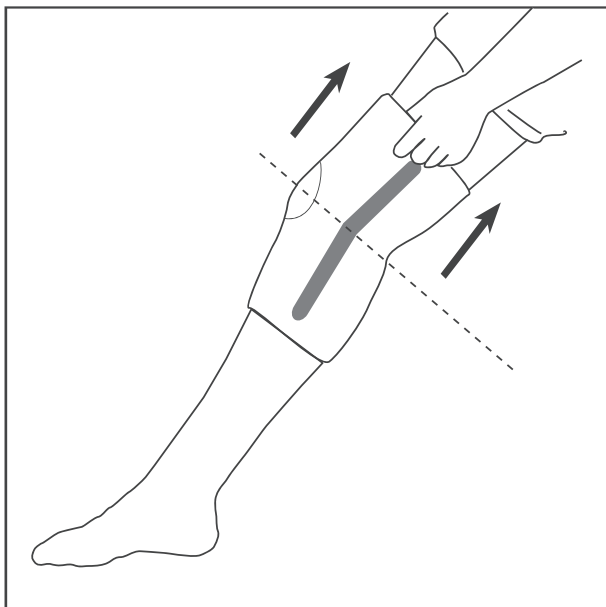


INSTRUCTION FOR APPLICATION



Step 1: Measuring & Selecting the Correct Size

- **Measure Your Knee:** Keep your knee straight and use a measuring tape to measure the circumference around the middle of your knee.
- **Select the Appropriate Size:** Refer to the sizing chart to determine and select the correct size for an optimal fit.



Step 2: Proper Application of the Knee Sleeve

- **Position the Sleeve:** Identify the logo and the wider opening of the sleeve. Hold the sleeve firmly from both sides at the top, as shown in the reference image.
- **Wear the Sleeve:** Insert the foot through the wider opening and gradually pull the sleeve up over the knee. Ensure the kneecap is centrally positioned within the silicone padding for targeted compression and stability.
- **Check for Proper Fit:** The sleeve should fit securely without excessive tightness or discomfort. Ensure the back of the sleeve (behind the knee) remains comfortable, even when bending the knee.

REMOVAL INSTRUCTIONS

- Sit comfortably on a chair.
- Gently pull the sleeve down from the top, avoiding pressure on the knee.
- Slowly slide off the sleeve.

WASHING INSTRUCTIONS

- Wash in cold water using a mild soap.
- Do not dry clean, tumble dry or use bleach.
- Air dry in a well-ventilated area and do not expose to any heat sources or direct sunlight.



DISPOSAL

Dispose of the knee sleeve according to local waste management guidelines.

WARNINGS AND PRECAUTIONS FOR KNEE SLEEVE

- **Medical Supervision:** Use only as directed by a healthcare professional.
- **Proper Fit:** Ensure a comfortable snug fit; avoid excessive compression that may restrict circulation.
- **Avoid Open Wounds:** Do not wear over open wounds or irritated skin.
- **Monitor for Reactions:** Discontinue use if irritation, skin reactions, or discomfort occur, and consult a healthcare professional.
- **Limit Continuous Wear:** Remove periodically and avoid prolonged continuous use unless advised by a medical professional.
- **Unrestricted Movement:** The sleeve should support the knee without restricting natural motion; adjust or remove if discomfort occurs.
- **Protect from Moisture and Heat:** Keep dry and avoid prolonged exposure to excessive heat to maintain effectiveness.
- **Follow Cleaning Guidelines:** Maintain hygiene by following the manufacturer's washing and storage instructions.

IMPORTANT: Please note that this device is not a medical substitute. The sleeve does not substitute definitive medical treatment, rehabilitation, or prescribed therapy.

Caution: Discontinue if allergies or discomfort occur and consult a healthcare professional. Do not use continuously for more than 24 hours.

ADVERSE EFFECTS

- Prolonged usage may cause skin irritation and circulation issues, such as redness, itching, swelling, or numbness due to tight fit or moisture buildup.
- Poor fit or excessive compression can cause discomfort and mobility restrictions, potentially leading to pain, reduced movement, and weakened muscle engagement.

Recommendation: Consult a healthcare professional for proper sizing and usage.

STORAGE CONDITIONS

- Store at room temperature, away from sunlight and moisture.
- Avoid placing sharp or heavy objects on the brace to prevent damage.
- Ensure the brace is clean and completely dry before storing.

MR COMPATIBILITY

Comfort Knee Sleeve is not MR compatible.

REPORTING OF ADVERSE EVENTS

In case of any event please notify to 'care@orthoheal.com' or to the competent authority of the respective member state.

INSTRUCTION FOR PATIENTS

Do's:

- Consult a healthcare professional if you have any underlying knee conditions before use.
- Choose correct size to ensure a comfortable snug fit.
- Wear the knee sleeve during physical activity for added support and stability.
- Keep the knee sleeve clean and dry to prevent bacteria and odor buildup.
- Adjust the knee sleeve for comfort to avoid excessive pressure or discomfort.

Don'ts:

- Don't wear the knee sleeve too tight as it can restrict circulation and cause discomfort.
- Don't rely on the knee sleeve for extended periods without allowing your muscles to engage naturally.
- Don't wear the knee sleeve if it causes pain or aggravates existing injuries.
- Don't ignore skin irritation – discontinue use and consult a doctor if irritation occurs.
- Don't wear the sleeve while sleeping.
- Keep out of reach of children and pets.

RECOMMENDATION

This product is intended for use under the supervision of a qualified medical professional. In the event of a serious incident related to the device, it must be reported to the manufacturer and the relevant regulatory authority in the jurisdiction where the user and/or patient is located.

SYMBOL GLOSSARY



Medical Device



Single patient multiple use.



Do not use if package is damaged and consult instructions for use



Non-sterile



Consult instructions for use.



Device is not made with natural rubber latex.



Keep away from sunlight.



Manufacturer



Date of Manufacture



Catalogue Number / Reference code



Batch code / Lot Number



Unique device identifier



Authorised representative in the European Union

Scan Here

For Application Guide



www.orthoheal.academy

Get Trained
and certified

Copy of the design or technology may infringe IP rights.



FDA
LISTED



MANUFACTURER

JC OrthoHeal Private Limited
P7 - P8/A, Biotech Park Phase - I,
GIDC Savli, Manjusar,
Vadodara - 391 775. Gujarat, India.

Call: +91 85305 30885
Email: india@orthoheal.com

FOR COMPLAINT AND FEEDBACK

Call: +91 911 811 311 0
Email: care@orthoheal.com



AF Pharma Service Europe SL
Muntaner 281,
Barcelona, 08021,
España



MADE IN INDIA

2025©Design version OS/CMF/IFU 1.0
10 March 2025