



# KNEE BRACE

## FIT AND CARE INSTRUCTIONS

*Your dog is on the way to recovery!*

Thank you for trusting My Pet's Brace™ with your dog's care. Our knee brace provides an effective solution for ACL/CCL injuries by preventing tibial thrust and promoting the formation of scar tissue so your dog can re-build muscle mass and be an active dog again.

### STEP 1

Read the instructions below

### STEP 2

Watch the [Knee Brace Fitting Tutorial](http://www.mypetsbrace.com/fitting-videos) video on our website at: [www.mypetsbrace.com/fitting-videos](http://www.mypetsbrace.com/fitting-videos)

### STEP 3

Email pictures of your dog standing while wearing the brace to [info@mypetsbrace.com](mailto:info@mypetsbrace.com) to have a clinician evaluate the fit of the brace. Take the pictures at your dog's eye level with front, side and rear views.

### STEP 4

We're here for you every step of the way. If you have questions or concerns at any point in the process, please contact us.

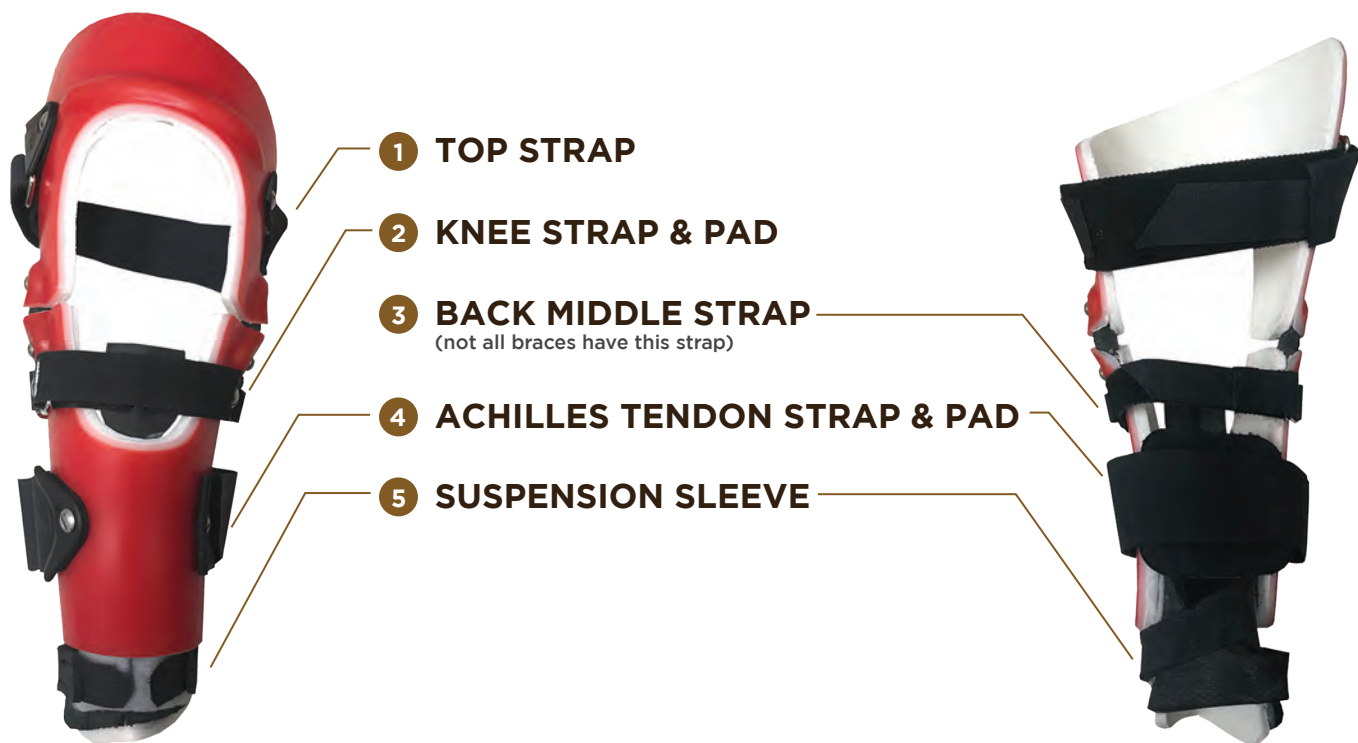
## WEARING INSTRUCTIONS

- ✓ Powder the suspension sleeve daily (and if the brace gets wet) with cornstarch or baby powder.
  - ✓ Baby powder should be non-perfumed and non-medicated.
- ✓ When you first receive the brace, use a gradual break-in schedule. Start with 3 hours on the first day and increase by an additional 1 hour per day as tolerated.
  - ✓ These are not continuous hours, but should be broken up into small segments.
  - ✓ Your dog should always be supervised during the break-in period
- ✓ If your dog has two knee braces, we typically recommend starting with the more severely injured leg. 5-7 days later, start the break-in schedule with the opposite brace (while continuing to wear the original brace).
- ✓ Wearing times should build to 8-14 hours a day. Put the brace on in the morning and take it off at night.
- ✓ Your dog should never wear the brace at night or when they are crated.
- ✓ Following use, remove the brace and inspect the skin. Discontinue use of the brace if there are any signs of significant hair loss or irritation and contact My Pet's Brace.
- ✓ Most dogs will need to wear the brace for 9 months.
  - ✓ The brace can be used after 9 months, especially for more strenuous activities or on snow or sand.

## ACTIVITY LEVEL / RESTRICTIONS

- ✓ For the first 2-3 weeks, take 2-3 short 5-10 minute leashed walks per day.
- ✓ For the first 2-3 months,
  - Only leashed potty breaks.
  - Limit stairs as much as possible. If going up more than three stairs, use a sling or towel underneath the abdomen to help them up the stairs. Block access to stairs if possible.
  - Block access to couches or beds to prevent jumping on/off furniture.
  - No dog or ball playing.
  - Gradually increase leashed walks as tolerated. Walks should not exceed 1 hour per day in total.
- ✓ Very slowly introduce more activity after 2-3 months. If your dog is limping more/sore after their walks or playtime, scale back their activity level for several more weeks.
- ✓ The brace should always be on when your dog is outside, even if it's only for a few minutes.
- ✓ The brace can be worn while swimming/during water therapy. After your dog is done swimming- take the brace off, rinse the brace off with fresh water, thoroughly dry the brace and your dog's leg, re-powder the suspension sleeve, then put the brace back on.

## YOUR PET'S KNEE BRACE



## PUTTING THE BRACE ON



- 1 LiberaIly powder the inside of the suspension sleeve and its arms with cornstarch or baby powder DAILY.



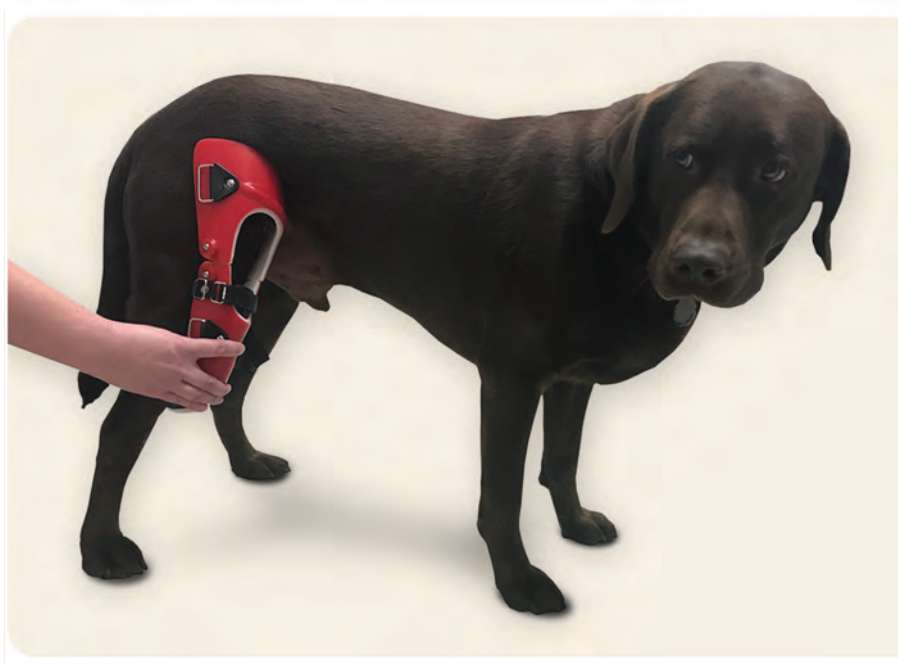
The suspension sleeve is **Velcroed** to the very bottom of the brace and looks like this.



Some **suspension sleeves** have a sheepskin pad on the bottom/inside strap for extra cushioning.



- 2 Apply the top of the brace as high as possible in the groin.



- 3 Secure the suspension sleeve. Starting with the inside strap of the suspension sleeve, pull the strap around the back of the hock and secure the black tab to the white Velcro on the front of the suspension sleeve. Repeat this action with the outside strap.

- ✓ The straps of the suspension sleeve should always be above your dog's hock.
- ✓ For dogs 50lbs or greater, you should be able to fit your pinky finger between your dog's leg and the straps of the suspension sleeve (less than a pinky width for dogs under 50 pounds).
- ✓ If the brace is sliding down, tighten the straps of the suspension sleeve.
- ✓ If the black tabs overlap on the white Velcro, trim the tabs as needed.



**Both straps  
are always  
above the  
hock.**

**HOCK**

**4** Tighten the Achilles tendon strap with the Achilles tendon pad. **See picture 4 below.**

- ☑ The Achilles tendon pad goes above or over the straps of the suspension sleeve.
- ☑ There are several styles of Achilles tendon pads, pictured below. Some braces may not have an Achilles Tendon pad. It varies case by case.
- ☑ You should be able to fit one finger between the strap and the leg of your dog. Less than a finger for smaller dogs.



Achilles  
Tendon Pad  
**Style A**



Achilles  
Tendon Pad  
**Style B**



Achilles  
Tendon Pad  
**Style C**

**5** Tighten the back middle strap. **See picture 5 below.**

- ☑ Not all braces have this strap.
- ☑ You should be able to fit one finger between the strap and the leg of your dog. Less than a finger for smaller dogs.

**6** Tighten the top elastic strap. **See picture 6 below.**

- ☑ You should be able to fit one finger between the strap and the leg of your dog. Less than a finger for smaller dogs.





- 7** Do NOT change/un-Velcro the front knee strap unless directed by your veterinarian or a My Pet's Brace representative.

- ☑ Around your dog's knee- a gap will be visible between the brace and your dog's knee. This is normal. This strap is not very tight and will only touch your dog's knee when the knee is in full extension.



## NEXT STEPS

- 1** To help your dog get used to the brace, walk your dog extremely slowly while inside on a leash.
- 2** Initially, it's perfectly normal for your dog to walk or sit funny with the brace. They may wide step or act like they're kicking sand. They may hop on their three good legs. After a few minutes to several days, your dog will become comfortable wearing the brace. Every dog's adjustment time is different.
- 3** During the first few minutes in the brace, some knuckling or walking on the top of their foot is normal. If knuckling is consistent, the straps of the suspension sleeve may be too tight and can be loosened.
- 4** Inspect your dog's skin for any irritation.

## ADJUSTMENTS AND MODIFICATIONS

If adjustments are needed, please email us pictures of the dog standing with the brace and call us to discuss. Modifications and replacement parts are covered under our 120-day warranty. Our promise to you is that your pet's brace will fit correctly and comfortably.



## REMOVING THE BRACE

- 1 Start from the top and work your way down.
  - ✓ Unhook the top back strap.
  - ✓ Unhook the middle back strap, if applicable.
  - ✓ Unhook the Achilles tendon strap.
  - ✓ Unhook the tabs of the suspension sleeve. On the suspension sleeve, pull from the outermost tabs. Pulling from the arms may cause them to tear.
- 2 Do NOT remove the suspension sleeve from the brace itself.
- 3 Do NOT change/un-Velcro the front knee strap.



## CLEANING / MAINTENANCE

- ✓ Clean the brace using a washcloth and mild soapy water.
- ✓ Remove hair/dirt from the Velcro with a wire brush, brushing in one direction on the hook portion only.
- ✓ Straps and padding may need to be replaced over time. Generally, elastic straps need to be replaced around the three-month mark. This is normal wear on the brace. Contact My Pet's Brace if you need replacement parts.
- ✓ Every month, tighten the screws of the buckles using a flat head screwdriver.