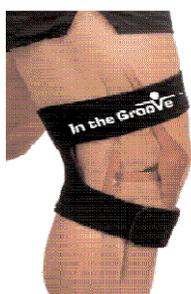


## Which In the Groove® Rehabilitative Knee Orthosis/Brace is right for you?

Do you need Type A or B? Do the following maneuver:

1. Sit down in a chair, relax your sore knee
2. Place one hand about 2-3 inches above your knee on the side of your leg
3. Place the other hand about 2-3 inches below your knee
4. Press both hands toward the center of the knee/leg
5. Bend your knee up and down, like you are kicking a ball, 3 or 4 times
6. Get up and walk around - up and down stairs if you can. You should notice a difference.

*If this helps, you will notice a decrease in the pain with movement when you are walking around. If not, place your hands in the opposite position and do the same steps. If this works then the orthosis/brace is for you. If you do not feel a difference or it causes additional pain, then In the Groove Rehabilitative knee orthosis/brace is not the right orthosis/brace for you.*



The Modified Mulligan Mobilization with Movement glide – place your hands in the position of the arrows and push toward the middle.

The best way to make sure you are ordering the correct type is if you are:

1. **Fitting yourself**, and your
  - a. Right hand is on your thigh, you need an A or
  - b. Left hand is on your thigh, you need a B
2. **Someone else** is fitting you and their
  - a. Right hand is on your thigh, you need a B
  - b. Left hand is on your thigh, you need an A

### SIZE CHART

<u>Size</u>	<u>Knee size</u>		<u>Thigh size</u>		<u>Lower leg</u>	
	<u>Inches</u>		<u>Inches</u>	<u>Cm</u>	<u>Inches</u>	<u>Cm</u>
XS	11 ½-13		17	43	15	38
S	13-14 ¾		18	46	16	41
M	15-16 ½		19	48	17	43
L	17-18 ¾		21	51	18	46
XL	19-20 ¾		23	59	19	48
XXL	21-22 ¾		25	63.5	21	51

**Please note:** If the leg can compress, go down a size. To determine if the leg will compress, tug on the measuring tape after you take the initial measurement. If the tape can be pulled 1-2 inches more, without causing pain or discomfort go down a size.

Limited 30 day Warranty. No other warranty is expressed or implied. Please see back of included How to Use Sheet for full warranty information.