



GUARDIAN

# OA REHABILITATOR™

*The Future Standard of Care in the World of Knee Bracing*

## IMPROVE PATIENT OUTCOMES!

- Increases quadriceps and hamstring strength
- Reduces pain and inflammation
- Increases leg extension
- Improves gait
- Improves functional capabilities
- **IMPROVEMENTS RETAINED UNBRACED!**

**800-375-0207**

BRACE SELECTION	INDICATION	UNLOADS	STABILITY	PAIN RELIEF	UNBRACED PAIN RELIEF AFTER 90 DAYS	IMPROVE QUADS / HAMSTRING STRENGTH	IMPROVES KNEE EXTENSION	IMPROVES FOOT PLACEMENT	GAIT RETRAINING WITH RETAINED EFFECT
OA REHABILITATOR™	Delay OA Progression	✓	✓	✓	✓	✓	✓	✓	✓
COMPETITIVE FUNCTIONAL UNLOADER	Unload Knee	✓	✓	✓					

# OA REHABILITATOR™

*The only brace clinically proven to be more effective than exercise alone to delay the progression of knee OA<sup>1</sup>.*

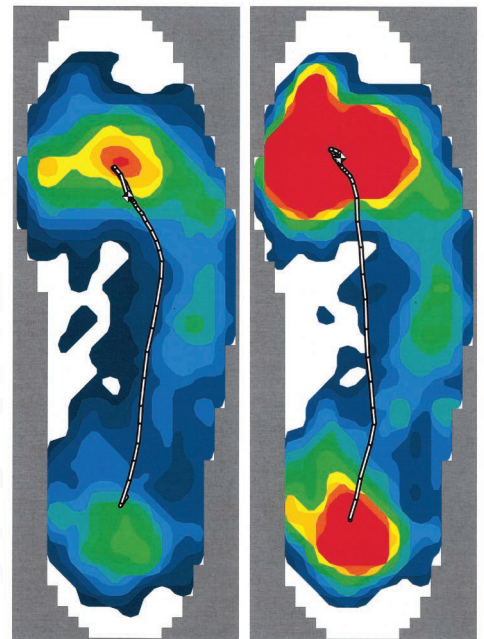
The pathological changes in OA gait biomechanics are directly linked to the progression of knee OA<sup>2</sup>. The OA Rehabilitator knee brace corrects abnormal OA gait with routine brace use. With 90 days of daily use, a clinical study has demonstrated that the gait correcting features of the OA Rehabilitator re-facilitates neurological excitation of the affected quadriceps muscles leading to increased unbraced dynamic support of the knee joint. Patients on average had an increase of quadriceps strength of 54.1% and

hamstring strength of 27.7%, demonstrated significant reductions in unbraced knee pain and increased functional capabilities. Most importantly, the knee adduction moment was shown to be reduced by 48% in the unbraced knee compared to a 14% reduction in patients completing 90 days of a supervised exercise program alone<sup>1</sup>. Thus the use of the OA Rehabilitator is believed to be more effective than exercise alone in the conservative treatment of knee OA.

## Clinical Study Findings

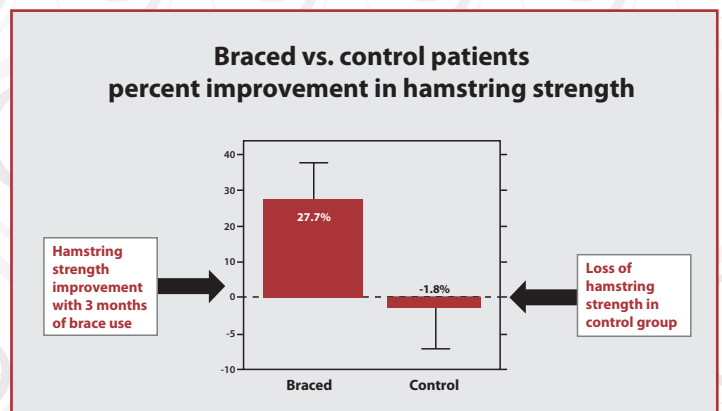
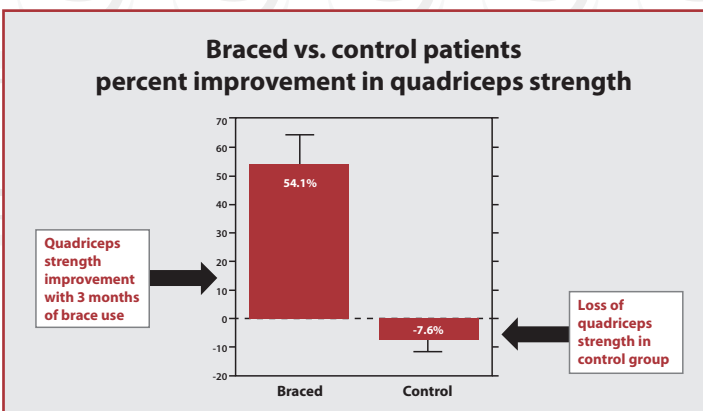
- Significant reduction in knee pain unbraced
- Average increase in quadriceps strength of 54.1%
- Average increase in hamstring strength of 27.7%
- Improved functional capabilities
- Increased gait speed and enhanced gait biomechanics
- Reduced knee adduction moment of 48% unbraced as compared to 14% reduction with OA exercise program

Call **800-375-0207**  
to order or for more information.



Poor heel plant, lateral loading, and poor toe off w/varus OA gait. Medial quads and VMO have diminished excitation leading to muscle loss.

Improved heel plant, mid-line loading, and improved toe off after 90 days of brace gait retraining when UNBRACED. Quad excitation restrengthens dynamic support of the knee by simply walking in brace.



<sup>1</sup>Gait and Clinical Improvements with a Novel Knee Brace for Knee OA, Aaron J. Johnson, MD, Roland Starr, MS, Bhveen H. Kapadia, MD, Anil Bhawe, PT, Michael Mont, MD.

<sup>2</sup>Compensatory Gait Mechanics in Patients with Unilateral Knee Arthritis, McGibbon & Krebs, Rheumatology, 2002, Nov; 29 (11)