

Thermoskin Patella Tracking Stabilizer Instructions

1. Turn Patella inside out
2. Place donut in the desired position around the patella opening
3. Return knee to normal position with nylon cover on the outside and position on knee.
4. The Patella Tracking Stabilizer comes with two straps. The longer of these is for the top of the knee and should be applied first, the shorter underneath the knee.
5. Hook wide end of strap with small velcro onto the donut side, take across the buttress, pass over and attach to the next velcro tab, take around the back of the knee and velcro back onto the strap at the starting point. The red Trioxon® lining is to be facing the knee.
6. Repeat this procedure for the second (shorter) strap underneath the knee. Trim the velcro if desired.
7. Adjust the tension to meet the requirements of the individual.



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