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YOUR GUIDE TO

UpShot™



**BIONIC KNEE BRACES  
ARE HERE**



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# POWERED KNEE BRACING TECHNOLOGY

# BRACE ANATOMY



# TOOLKIT

## 1 ALLEN KEY



## 2 PAD ADJUSTMENT TOOL



## 3 CONDYLE PADS



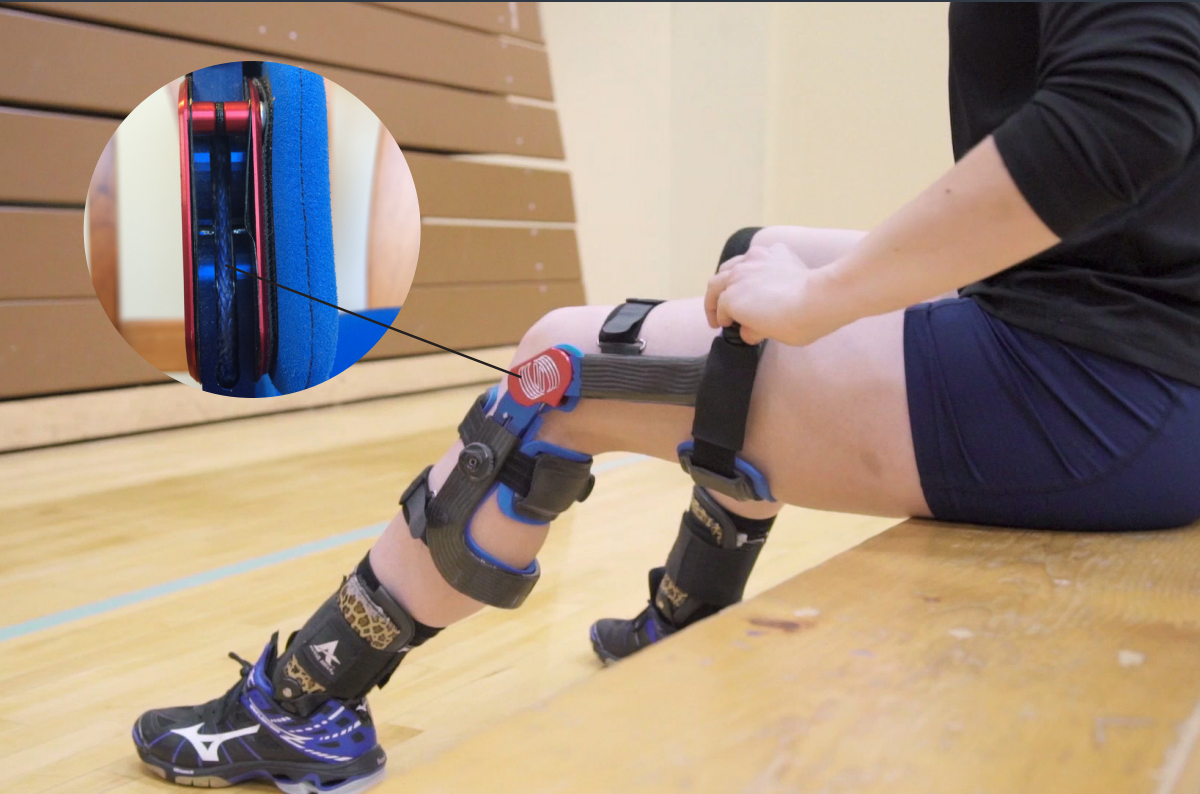
1X THICKNESS



2X THICKNESS

# POWERED HINGE

The powered hinge stores energy as you bend your leg and returns that energy as you extend your leg.



## QUICK TIP

The powered hinge and power knob should always be on the outside of your knee.

# POWER KNOB

## POWER KNOB

UpShot™ is designed to assist your leg muscles and reduce joint compression while weight bearing. You can turn the power adjustment knob located on the side of your brace to quickly change between high and low power modes.

## HIGH VS. LOW POWER MODE

You can change your brace to low power mode whenever you feel you need less assist, or if it's interfering with non-weight bearing movements. We usually recommend changing the brace to low power mode while running or climbing stairs, and then changing it back to high power mode when crouching, lifting, lunging, or descending stairs.

# HOW TO USE POWER KNOB

## HIGH POWER MODE

1. Ensure brace is completely straight, then turn power knob towards toes until it can't be turned anymore

## LOW POWER MODE

2. Ensure brace is completely straight, turn power knob towards heel of foot at least 90°, then bend brace until you start to feel resistance



## IMPORTANT

Make sure your brace is fully in high power mode. To do this, ensure your brace is completely straight, then turn the power knob towards your toes until it can't be turned anymore.

# KNEE EXTENSION ASSIST

## HOW TO ADJUST ASSIST

You can fine-tune the strength of the high and low power modes by using the Allen key provided in your toolkit (see page 3). Adjustments made with the Allen key will change both the overall strength of the assist and the angle of knee flexion (bend) where the assist will kick in.

## WHEN TO ADJUST ASSIST

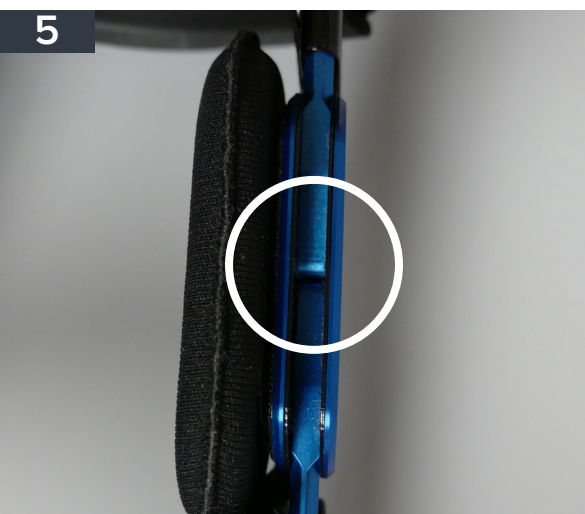
If you feel that the assist is too strong, you can decrease the assist to allow for greater knee flexion (bend) before the assist kicks in. If you feel that the assist isn't strong enough, you can increase the assist to allow less knee flexion before the assist kicks in.

# HOW TO ADJUST KNEE EXTENSION ASSIST

1. Ensure brace is in high power mode, then remove thigh strap
2. Bend brace until you feel resistance
3. Line up Allen key with screw head in hole at top of brace
4. Place brace over edge of flat surface
5. Make note of gap in unpowered hinge
6. To increase assist, turn Allen key clockwise and watch gap on unpowered hinge close. When no gap remains (as shown to the right), the assist is at maximum, factory-settings. Do not tighten beyond this point. To decrease assist, turn Allen key counter-clockwise

## WARNING

Be careful to stop turning the Allen key when there is no gap left in the unpowered hinge. Over-tightening will damage your brace. If you can't fully turn the power knob to high power mode, you've gone too far.





WEARING  
UPSHOT™

# STRAPPING OVERVIEW

## ADJUSTING STRAPS

The thigh strap, quad strap, uni-strap, and shin strap may be tightened or loosened to better fit your leg. As a guideline, you should adjust all straps so that they're comfortably snug. It's especially important to ensure that the uni-strap is snug because this strap keeps the brace from sliding down your leg.

## SHORTENING STRAPS

If necessary, the thigh strap and uni-strap of your brace may be trimmed to better fit your leg. If the straps are too loose, your brace may be less comfortable and fall down during regular use.

For complete instructions on adjusting and shortening straps, see pages 16-23.

# STRAPPING ORDER

Fasten straps in the order indicated below.



Fasten thigh strap 8" (20cm) above centre of kneecap (see page 21)

Adjust quad strap when wearing for first time or if you lose or gain weight (see page 20)

Fasten uni-strap (see page 17)

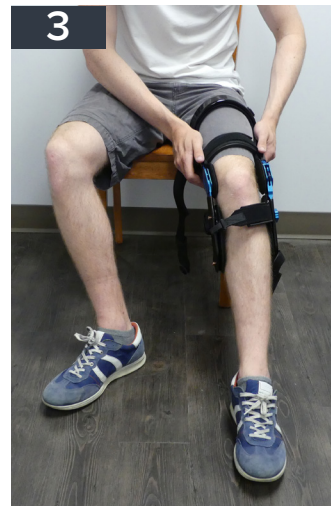
Fasten shin strap 8" (20cm) below centre of kneecap (see page 16)

## QUICK TIP

UpShot™ works best when worn directly on your skin.

# PUTTING ON UPSHOT™

1. Ensure that your brace is in low power mode (see page 6), then remove thigh strap, uni-strap, and shin strap (see pages 16-21)
2. While seated on edge of a firm, stable surface, bend your knee at about 45°. Now step through middle of your brace
3. Position brace so that top of Spring Loaded “S” on hinge cap is 1" higher than centre of your kneecap



# REMOVING UPSHOT™

1. Ensure that your brace is in low power mode (see page 6), then remove thigh strap, uni-strap, and shin strap (see pages 16-21)
2. While seated on edge of a firm, stable surface, bend your knee at approximately 45°. Now step out of brace
3. Fasten thigh strap, uni-strap, and shin strap (see pages 16-21) before storing to prevent damage to straps





# ADJUSTING STRAPS

# ADJUSTING SHIN STRAP

## REMOVING SHIN STRAP

1. Loosen Velcro on shin strap
2. Remove quick release clip by pulling straight out from brace shell



## FASTENING SHIN STRAP

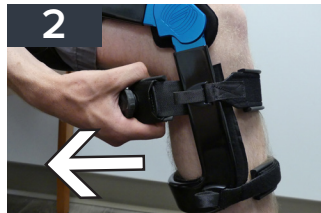
1. Fasten quick release clip by pushing down towards brace shell
2. Tighten Velcro on shin strap until comfortably snug



# ADJUSTING UNI-STRAP

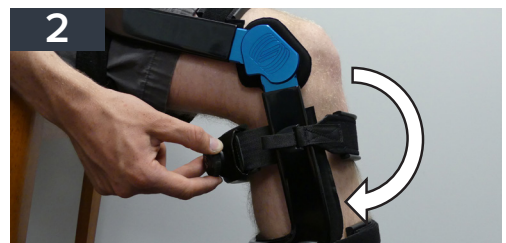
## REMOVING UNI-STRAP

1. Pop out tensioning knob on back of uni-strap
2. Pull on strap to lengthen
3. Remove quick release clip by pulling straight out from brace shell



## FASTENING UNI-STRAP

1. Fasten quick release clip by pushing down towards brace shell
2. Push in tensioning knob on back of strap and turn clockwise to tighten until comfortably snug



# HOW TO SHORTEN UNI-STRAP

1. Pop out tensioning knob
2. Fully lengthen uni-strap by pulling on strap
3. Completely remove Velcro on both sides
4. In  $\frac{1}{4}$ " ( $\frac{3}{4}$  cm) increments, cut Velcro as shown (Picture 4) to desired length. Warning: do not cut Velcro end shown in Picture 3
5. Re-attach Velcro while making sure to attach same length on both sides
6. Push in tensioning knob, then shorten strap by turning tensioning knob while making sure sleeve covers Velcro

## WARNING

Try on your brace before making additional  $\frac{1}{4}$ " ( $\frac{3}{4}$ cm) cuts to shorten straps.



# ADJUSTING QUAD STRAP

## LOOSENING QUAD STRAP

1. Remove Velcro on quad strap
2. Pull on pad to loosen strap until comfortably snug, then fasten Velcro



## TIGHTENING QUAD STRAP

1. Remove Velcro on quad strap
2. Pull on Velcro to tighten strap until comfortably snug, then fasten Velcro



# ADJUSTING THIGH STRAP

## REMOVING THIGH STRAP

1. Make sure tensioning knob is popped out by pulling straight out from brace shell, then pull on strap to lengthen
2. Angle tensioning knob towards centre of brace shell, then remove strap



## FASTENING TOP STRAP

1. Angle tensioning knob towards centre of brace shell, then push down until tensioning knob is flush with brace shell
2. Turn tensioning knob clockwise to tighten strap until comfortably snug



# HOW TO SHORTEN THIGH STRAP

1. Pop out tensioning knob, then fully lengthen thigh strap by pulling on strap
2. Remove thigh strap
3. Remove Velcro on both sides
4. In  $\frac{1}{4}$ " ( $\frac{3}{4}$  cm) increments, cut Velcro as shown (Picture 4) to desired length. Warning: do not cut Velcro end shown in Picture 3
5. Re-attach Velcro while making sure to attach same length on both sides
6. Push in tensioning knob, then shorten strap by turning tensioning knob while making sure sleeve covers Velcro

## WARNING

Try on your brace before making additional  $\frac{1}{4}$ " ( $\frac{3}{4}$ cm) cuts to shorten straps.





# ADJUSTING PADDING

# PADDING OVERVIEW

All rubber pads, condyle pads, and brace padding are attached by Velcro and can be removed and repositioned.



Thigh pad should be centered on back of thigh

Pad should be centered on shin

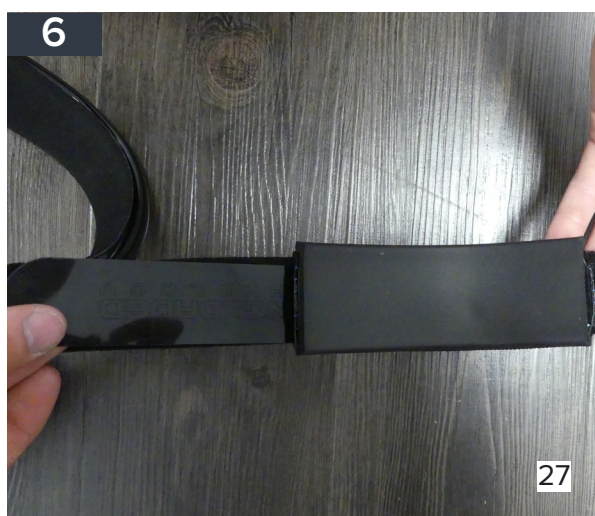
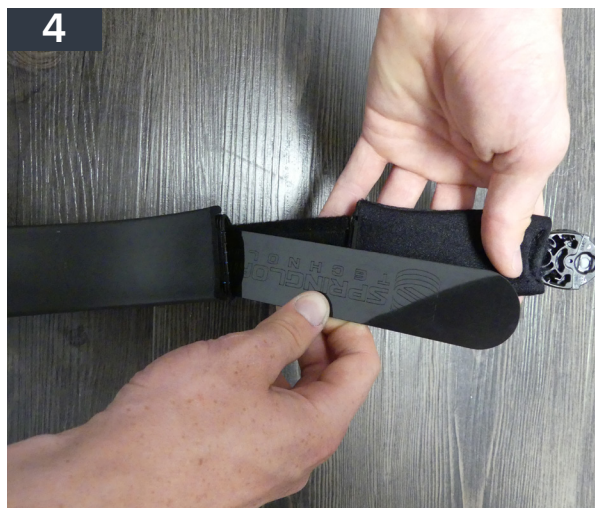
Adjust velcro so that pad is centered on shin

## WARNING

Ensure condyle pads and brace padding are attached to the brace before wearing.

# HOW TO CENTRE THIGH PAD

1. Put on brace, then make note of how much you need to move pad to be centered on back of your thigh (eg. 1" or 2.5cm right)
2. Remove brace
3. Ensure thigh strap is fully lengthened by popping out tensioning knob, then pulling on strap
4. Insert pad adjustment tool near tensioning knob in middle of pad to loosen velcro
5. Slide thigh pad to desired location
6. Remove pad adjustment tool





CARING FOR  
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# CLEANING

1. Always keep brace free of dirt and debris
2. You can clean your brace with a damp cloth
3. Hand wash your brace padding and condyle pads as needed with mild clothing detergent. Air dry only; do not heat dry.
4. You can swim, surf and sail with your brace! Following use in water activities, rinse with clean, fresh water, then drain thoroughly and air dry

## IMPORTANT

You should check your brace regularly for dirt and debris.

# STORAGE

1. Store indoors in a dry area at a maximum temperature of 50° Celcius (122° Fahrenheit)
2. When not in use, store with straps fastened to prevent damage
3. Do not place heavy objects on top of brace while in storage
4. Keep brace safe from dirt and debris while not in use
5. If your brace is hot to the touch, wait for it to cool down before wearing

**WORK**



**PLAY**



**LIVE**



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THOUGHT POSSIBLE**

1.888.977.8143  
Halifax, Nova Scotia  
Canada



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