

Universal Applications

The PS-1 Patella Stabilizer can be used for a broad range of patellofemoral indications, including:

- Patellofemoral Pain Syndrome (*PFPS*)
- Patella Alta
- Patella Baja
- Patellofemoral Malalignment Syndrome
- Patella Subluxation
- Chondromalacia Patella
- Patellar Tendonitis
- Osteoarthritis
- Osgood-Schlatter's Disease
- Jumper's Knee

PS-1 Patella Stabilizer Components:



Size: Use thigh measurement 6 inches
(15.25 cm) above knee center.

	Thigh Circumference Range	
	Inches	Centimeters
XS	13.5 - 16	(34.0 - 40.0)
S	16 - 18	(40.0 - 46.0)
M	18 - 20.5	(46.0 - 52.0)
L	20.5 - 23.5	(52.0 - 60.0)
XL	23.5 - 26.5	(60.0 - 67.5)
XXL	26.5 - 29.5	(67.5 - 75)

Maintenance

Your Generation II PS-1 Patella Stabilizer is designed for minimum maintenance and care. Follow these easy maintenance steps to keep your PS-1 in top condition.

Cleaning

Hand wash in cold water with mild detergent, then rinse thoroughly and air-dry.

DO NOT MACHINE WASH.

Accessories

Generation II offers you the following replacement parts for the PS-1 Patella Stabilizer. These parts can be purchased from your brace provider or Generation II customer service department:

- Patella Buttress
- Tibial Tubercle Buttress

To order call:

1-800-462-7252

GENERATION II USA INC

11818 North Creek Pkwy, N., Suite 102, Bothell, WA 98011

10-081-000-00

www.gen2.com

G2-044-111601r2

PS-1

Patella Stabilizer

Fitting Instructions



GENERATION II USA INC

Medial placement of the buttress for indications of chondromalacia, medial patellofemoral pain, or medial subluxation of the patella.

1. Attach the patella buttress along the medial border of the inside of the sleeve as shown (*velcro to velcro*).
2. Pull the patella buttress straps through the holes on the lateral side so they are visible on the outside of the sleeve.
3. Place the sleeve on the leg centering the hole over the patella.
4. Pull the buttress straps to achieve the desired effect on the patella.
5. Attach the velcro straps onto the velcro of the vertical stays.
6. Pull the mid strap through the D-ring until snug. Make sure the mid strap has some expansion remaining in the elastic to accommodate increased leg size during exertion.



Lateral placement of the buttress for indications of chondromalacia, lateral patellofemoral pain, or lateral subluxation of the patella.

1. Attach the patella buttress along the lateral border of the inside of the sleeve as shown (*velcro to velcro*).
2. Pull the patella buttress straps through the holes on the medial side so they are visible on the outside of the sleeve.
3. Place the sleeve on the leg centering the hole over the patella.
4. Pull the buttress straps to achieve the desired pull on the patella.
5. Attach the velcro straps onto the velcro of the vertical stays.
6. Pull the mid strap through the D-ring until snug. Make sure the mid strap has some expansion remaining in the elastic to accommodate increased leg size during exertion.



Tibial tubercle buttress placement for Osgood-Schlatter's Disease and patellar tendonitis.

1. Place the tibial tubercle buttress on the inside of the sleeve with the velcro tabs toward the velcro liner of the sleeve.
2. Place the sleeve on the leg centering the hole over the patella.
3. Position the tibial tubercle buttress so the patellar bar is applying pressure to the patellar tendon just above the tibial tubercle.
4. Tighten the mid strap ensuring that it is applying pressure to the patellar bar of the tibial tubercle buttress.
5. Make sure the mid strap has some expansion remaining in the elastic to accommodate increased leg size during exertion.



Combined therapies

The tibial tubercle buttress can be used in combination with the patella buttress to relieve a variety of patellofemoral pain issues. For example, patella tendonitis may be relieved by applying pressure to the quadriceps tendon and patellar tendon. This can be achieved with the superior placement of the patella buttress and inferior placement of the tibial tubercle buttress.

Inferior placement of the buttress for indications such as patella baja, patella tracking problems or patellofemoral pain.

1. Using scissors, trim the velcro tab down to 1/8".
2. Attach the patella buttress along the inferior border of the inside of the sleeve as shown (*velcro to velcro*).
3. Pull the mid strap through the D-ring until snug. Make sure that the mid strap has some expansion remaining in the elastic to accommodate increased leg size during exertion.



Superior placement of the buttress for indications such as patella alta.

1. Using scissors, trim the velcro straps off the patella buttress.
2. Attach the patella buttress along the superior border of the inside of the sleeve as shown (*velcro to velcro*).
3. Pull the mid strap through the D-ring until snug. Make sure the mid strap has some expansion remaining in the elastic to accommodate increased leg size during exertion.

