



# MANUAL DE INSTRUÇÕES

INSTRUCTION MANUAL - MANUAL DE INSTRUCCIONES



EXTREME

# DESCRIPTION

The HGF Explorer Knee Brace was developed to prevent and/or alleviate possible injuries to the knee joint caused by torsion, impacts, excessive strain;

It has an articulation system that follows the natural eccentric movement of the knee and is adjustable to limit total extension, preventing ACL injuries which are a characteristic of leg hyperextension;

It has a rigid structure of 5mm injected in A.B.S. of high impact and internal coating of the upper part (thigh) in E.V.A. rubber, thermoformed and dubbed with polyester fabric providing a better finish and in the lower part (shin) it has the Neoprene Shark dubbed with E.V.A. rubber, being an excellent combination for comfort, impact absorption and grip.

Buckle systems that have SHARK SKIN Neoprene, characterized by its rough surface and isothermal protection from TECHPRENE (licensed Mormaii) used for products that require non-slip even in contact with water, increasing grip on the body, helping to prevent knee torsion and giving greater stability to the knee brace.

One size fits all with side shims adjustment;

Made in Brazil.

## WARRANTY TERMS & CONDITIONS

The warranty for this product, in the event of a defect in manufacture, is 01 (one) year. For this, along with the equipment, the invoice must be presented with the date and this manual with the back fully filled out.

## PRECAUTIONS

This equipment was designed to absorb part of the energy of an impact by the partial or total destruction of its components.

The primary function of this equipment is to minimize the risk of injury, provided it is properly adjusted and used as instructed in this manual.

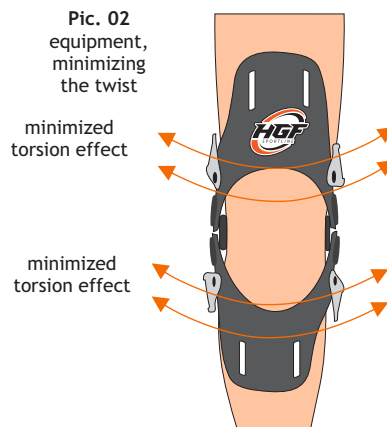
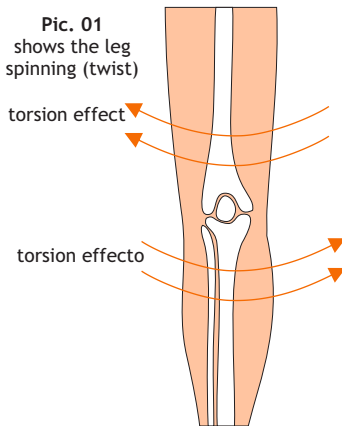
The use of this equipment does not exclude the possibility of occurrence of injuries.

The manufacturer is not responsible for damage caused by accidents, we reaffirm.

## Main Functions

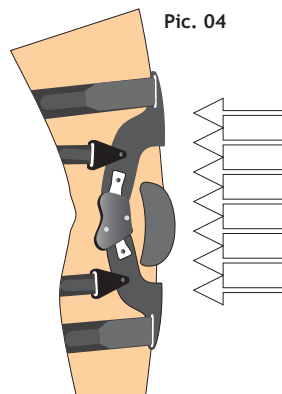
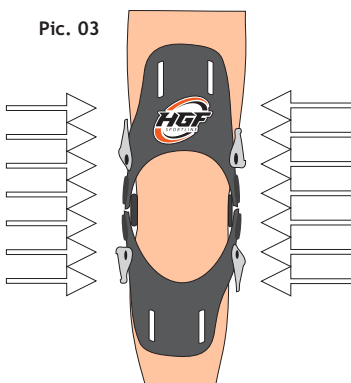
### TORSION:

The HGF knee braces help to counteract an eventual torsion and/or rotating movement of the knee, as their upper and lower parts are fixed to the thigh and shin and adjusted to the width of the joint correctly (page 06), which keeps its structure firm to the leg, absorbing part of the non-natural movement of the knee, preventing and/or mitigating a possible injury.



### IMPACTS:

This equipment is intended to absorb a portion of the impact energy, both lateral (pic. 03) and frontal (pic. 04), which can cause partial or total destruction of its componentes.



**HYPEREXTENSION:**

With the correct adjustment of the stops that limit the total opening of the knee brace, it helps to protect from ACL injuries caused by hyperextension of the leg.

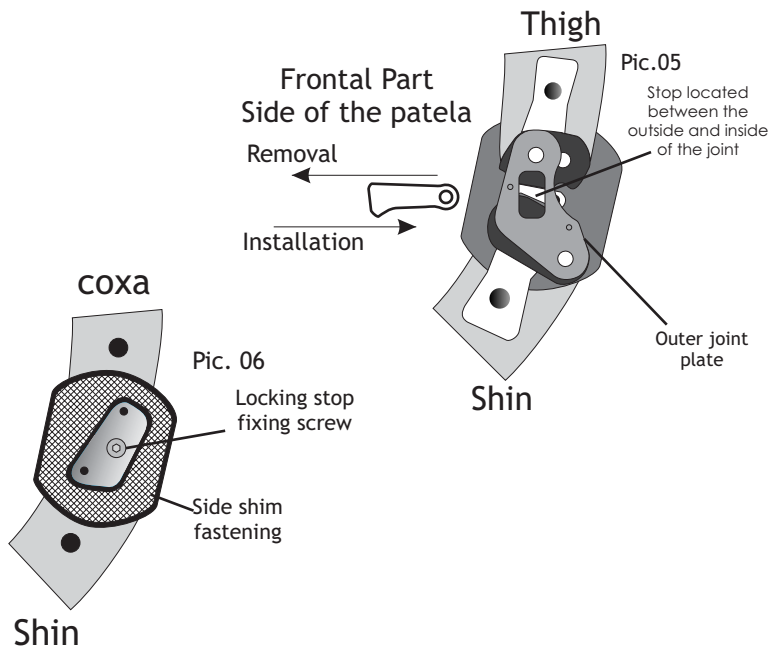
# ADJUSTMENTS

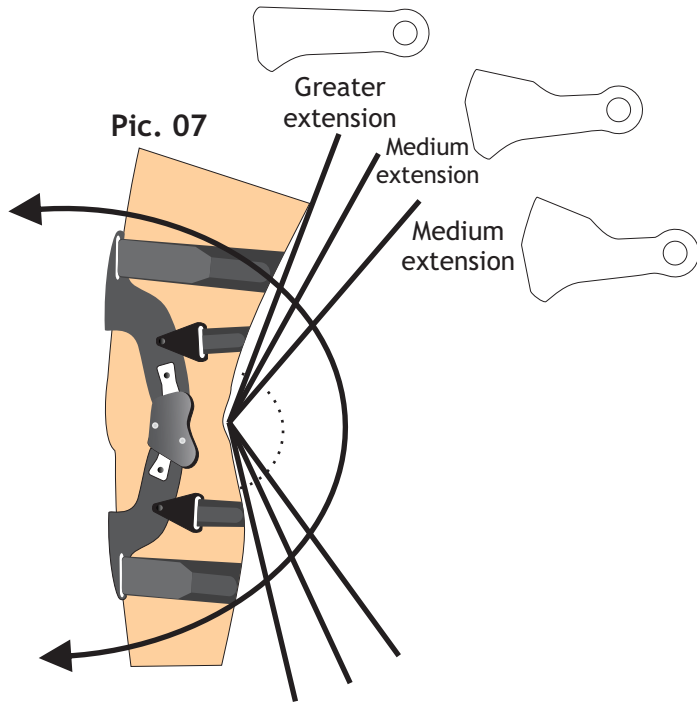
## How to adjust the opening limiter stop:

The locking stop is located on the inside of the articulation mechanism, fixed by a screw on the inside of the joint (pic. 05). For its replacement, it is necessary to remove the patella and side covers, after that, loosen the stopper fixing screw (pic. 06) and remove the stopper from the front of the knee brace and replace it with the desired one.

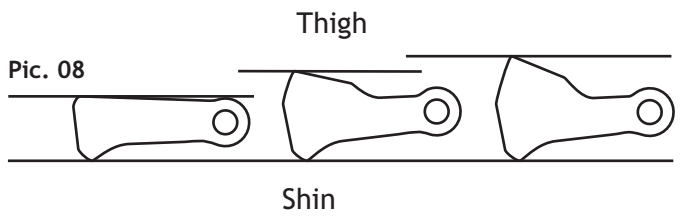
The greater the thickness of the stop, the smaller the opening angle of the knee brace, increasing protection. (Pic. 07).

Observe the correct position as shown in figure 08.

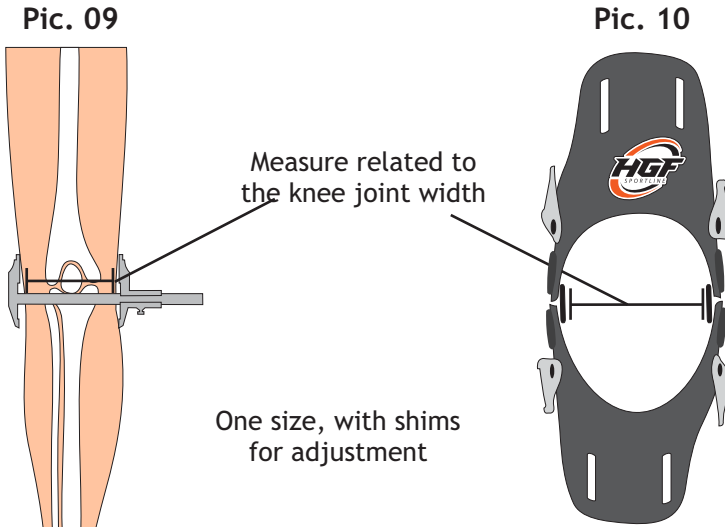




Correct position of stops:



## Ideal Size of Equipment in Relation to the Knees

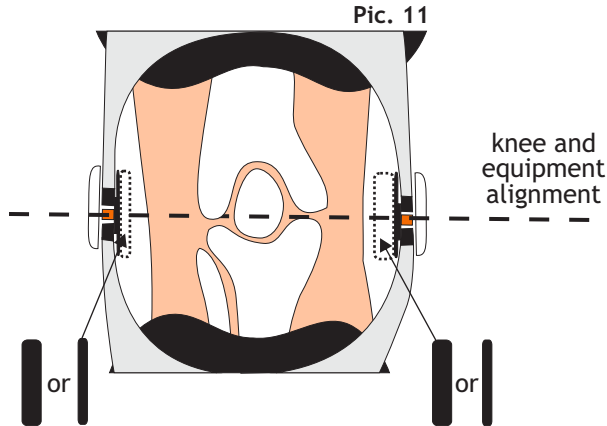


The knee brace is one size fits all that can be adjusted to the width of the knee (pic. 10/11). Maximum joint width is approximately 12.5 cm and minimum is 9.5 cm.

The equipment comes with:  
4 shims of 10 mm  
4 shims of 05 mm

Being possible to make the necessary combination between them that best fits the user.

## How to Adjust the Side Shims



Side shims: use the thickness that adapts better, even if they have different thicknesses.

Place the equipment and align the equipment joint with the knee joint (figure 11);

If there is a gap between the joint and the knee (figure 11), add side shims to adjust this space, placing the Velcro side in contact with the plush neoprene fabric present in the joint that fixes the patella;

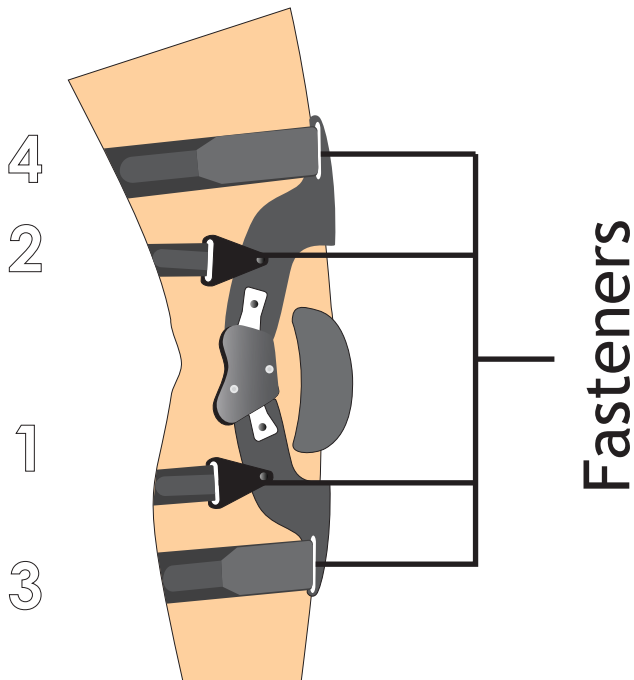
With the side shims adjusted, secure the equipment to the leg, according to page 08, using the velcro buckles and tighten firmly;

Once this is done, flex the leg and note if there was excessive pressure from the side shims and velcro buckles, if necessary adjust them again.



# BUCKLE ADJUSTMENTS

Adjust the buckles in the numerical sequence, figure 12, so that the Shark neoprene part is on the back of the leg in contact with the body, sock or pants, and the ends will be passed through the fasteners and then pulled evenly through the two ends, bringing the end of the buckle to the back of the leg and, if necessary, cross one end over the other.





MANUFACTURING DATE

\_\_\_ / \_\_\_ / \_\_\_

DATE OF SALE

\_\_\_ / \_\_\_ / \_\_\_

INVOICE NUMBER \_\_\_\_\_

**Eccentric motion articulation:  
Patent Requested**

Left side view



Right side view



HGF Sport  
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