

## WHAT IS OSTEOARTHRITIS?

Osteoarthritis (OA), also known as degenerative arthritis, degenerative joint disease, or osteoarthrosis, is the most common joint disorder caused by aging and wear and tear on a joint.

## WHAT CAUSES OSTEOARTHRITIS?

Osteoarthritis is mostly related to aging. The water content of the cartilage increases and protein makeup of cartilage degenerates. Repetitive use of the joints over the years causes damage to the cartilage that leads to joint pain and swelling. Also, it may be caused by another disease or condition. Conditions that can lead to osteoarthritis include obesity, repeated trauma or surgery to the joint structure, fractures, diabetes, and other hormone disorders.

## THE SYMPTOMS OF OSTEOARTHRITIS

The symptoms of osteoarthritis vary from person to person. Restricted movement caused by joint degeneration, pain and stiffness in the joints are the most common symptoms.

## TREATING OSTEOARTHRITIS NATURALLY

Doctors have many medications that can help you deal with osteoarthritis pain but there are also natural remedies you can use:

- ✓ **EXERCISING** – gentle weight training and aerobic exercise can strengthen the muscles around the affected joint, providing it with greater support. Also, aquatic exercise is one of the natural remedies that have been shown to help.
- ✓ **WEIGHT CONTROL** – if you are overweight, you are putting a lot of pressure, stress, and strain on knees and hips, worsening osteoarthritis pain. Eating a balanced diet and exercising helps to keep your weight under control.
- ✓ **BRACES** can help in relieving pain for weakened joints by adding support and promoting proper movement. Braces and splints should be used only if recommended by a healthcare professional.

\* Always consult with your physician before beginning any exercise program or any type of diet.

# DYNAMIC

## KNEE ORTHOSIS



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CUSTOMER CARE

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### (855-837-8256)

Información en Español disponible

WE ARE ALWAYS HERE TO HELP YOU

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New York, NY 10159

# VertaLoc®

## BE ACTIVE AGAIN



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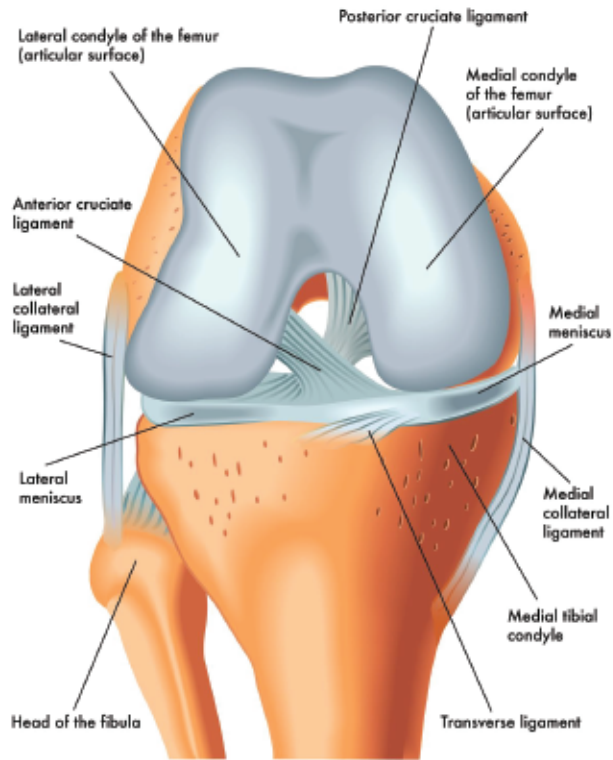
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## KNEE ORTHOSIS

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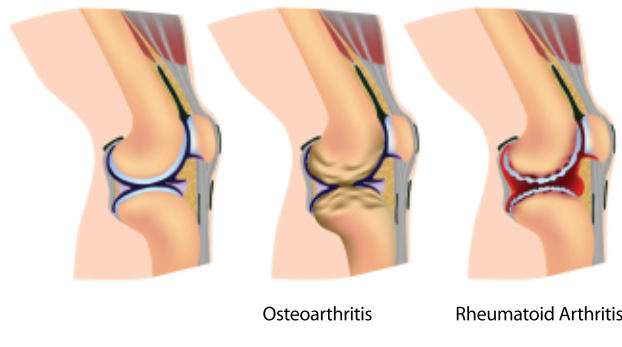
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## Anatomy of the Knee Joint



## Normal & Arthritic Joints

### Common types of Arthritis



Dynamic Orthosis

DAILY SUPPORT FOR AN ACTIVE LIFESTYLE

## VertaLoc® DYNAMIC Knee Brace - Fast Relief, Maximum Stability and Support

*Helps to ease pain and assists in returning to an active lifestyle  
Effective combination of stabilization, adjustability and customization*

Durable, hypoallergenic, and lightweight material offers increased airflow, comfortable wear and compression.

Adjustable hinges allow for an effortless and customizable preferred range of motion.

Adjustable hinges permit physician or practitioner to set limits on flexion and extension.



Sixteen metal stops and an Allen key are included to adjust the range of motion on both hinges for maximum control, adjustability and customization.

Elastic straps above and below knee help to prevent migration.

### INDICATIONS FOR USE:

- Osteoarthritis
- Medial and Lateral Ligament Support
- Mild Fractures
- Rheumatoid Arthritis
- Meniscal Cartilage Derangement
- Sprains and Strains of Knee

SIZE	INCHES	ITEM #
Small	14 - 17	00333-1832-S
Medium	17 - 20	00334-1832-M
Large	20 - 23	00335-1832-L
X Large	23 - 26	00336-1832-XL
XX Large	26 - 28	00337-1832-2X
XXX Large	28 - 31	00338-1832-3X

VertaLoc® Dynamic Knee Brace is Covered by Medicare