



ÖSSUR UNLOADER ONE.® CLINICALLY PROVEN.

NEW Unloader One clinical studies presented at AAOS 2010.

Although many OA knee braces *claim* to provide various benefits, the Unloader line of braces by Össur are *clinically proven to reduce pain and improve function* for patients who wear them. Recent clinical research demonstrates that the Unloader One provides the following results for patients:¹⁻³

- Decreased pain
- Improvement in function
- Reduction in usage of pain medication

Nobody does it better.

Available in both custom and off-the-shelf (OTS) models, Unloader One was designed to improve patient compliance. As the lightest and lowest profile osteoarthritis (OA) knee brace on the market today, it fits easily and comfortably under clothing. When given a choice, patients prefer the Unloader One.

Braces only work if they are worn.

Other OA knee braces can migrate, negatively impacting effectiveness and patient compliance. Össur's patented Sensil® silicone liners are specially designed to comfortably and securely hold the Unloader One in place, maximizing effectiveness.

Unloader One uses the proven 3-Point Leverage System.

Unloader One uses the same 3-point leverage system — consisting of a single upright plus diagonal Dynamic Force Strap(s) — popularized by previous Unloader knee braces. Multiple peer-reviewed studies have established the soundness of this technology.*

Risk-free trial.

Try the Unloader One on any patient. If they are not happy with it for whatever reason, they can return it within 30 days for a full refund.

* studies available at www.ossur.com/unloader

To order the Unloader One, please contact your Össur representative, or call Össur Customer Service at (800) 233-6263.



Life Without Limitations®

UNLOADER ONE® CLINICAL STUDY OVERVIEW

1. **Briggs KK, Matheny LM, Steadman JR, Aultman H: Use of an Unloader Brace for medial or lateral compartment Osteoarthritis of the Knee. Steadman Philippon Research Institute, Vail, CO.** Presented at AAOS, March 2010.

Objectives

- To determine if the Unloader One brace would provide improvement in disability in active patients with OA and malalignment, and whether there is a difference in factors affecting outcome with medial vs. lateral unloader braces.

Patients

- 46 patients (17 female, 29 male); mean age 61 years (range 48-87)
 - 14 patients with lateral unloader; 32 patients with medial unloader

Results

- WOMAC score significantly improved in both groups:
 - Medial (12 points); Lateral (9 points)
 - Greatest improvement from pre-brace to 6 weeks, and sustained at 6 months
- Patients also reported a significant reduction in usage of pain medication (anti-inflammatories):
 - 24% reported a reduction in OTC anti-inflammatories
 - 16% reported a reduction in prescription anti-inflammatories

2. **Updated results presented at New York Academy of Sciences, April 2010.**

- **Significant improvement in disability** (per WOMAC score) in both groups:
 - Medial (16 points); Lateral (8 points)
- At 6 months, **a significant percentage of patients reported a reduction in medication use:**
 - **27% reported a reduction in pain medication**
 - **31% reported a reduction in OTC anti-inflammatories**
 - **35% reported a reduction in prescription anti-inflammatories**
- Median patient satisfaction: 8 (out of 10)

3. **Ingvarsson T, Franklin J, Hardardottir E: Patients with moderate and severe OA do benefit from using a valgus knee brace. Akureyri Hospital, University of Akureyri, Akureyri, Iceland.** Presented at AAOS, March 2010.

- 82 patients (33 female, 49 male; mean age 60.3 years; 75 medial OA, 7 lateral OA) wore a valgus brace for 6 months
- Significant improvement in pain, stiffness and function (WOMAC score decreased from 50 to 34 points)

References

- ¹ Briggs KK, Matheny LM, Steadman JR, Aultman H: Use of an Unloader Brace for medial or lateral compartment Osteoarthritis of the Knee. Steadman Philippon Research Institute, Vail, CO. <http://www3.aaos.org/education/anmeet/anmt2010/podium/podium.cfm?Pevent=638>.
- ² Briggs KK, Matheny LM, Steadman JR: Patient evaluation of an unloader knee brace: A prospective cohort study in active patients with osteoarthritis. Presented at The New York Academy of Sciences, April 2010.
- ³ Ingvarsson T, Franklin J, Hardardottir E: Patients with moderate and severe OA do benefit from using a valgus knee brace. Akureyri Hospital, University of Akureyri, Akureyri, Iceland. <http://www3.aaos.org/education/anmeet/anmt2010/podium/podium.cfm?Pevent=637>.

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