



Zero Degree Knee Splint and SnoPak™

The Lake Effect Zero Degree Knee Splint and SnoPak™ includes:



1 Zero Degree Knee Splint



1 Zero Degree Wrap



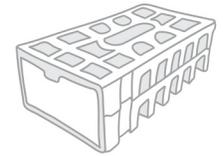
2 Contoured Lake Effect SnoPak™



1 Zero Degree Foam Pillow



1 Air Pump



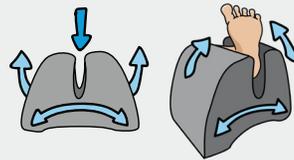
1 SnoBox

INSTRUCTIONS FOR USE

1. Sit on a flat surface.

2. Place your foot in the Zero Degree Foam Pillow.

Extend your affected leg in front of you and place your foot and ankle in the Zero Degree Foam Pillow, toes pointing upward.



3. Position the splint behind your leg.

With your foot in the Zero Degree Foam Pillow, slide the hard-shell splint under your leg. The wider portion of the splint should cradle the back of your thigh with the bullseye behind the knee cap.



4. Secure the splint.

Pull the elastic band over your knee and fasten the Velcro® tab to the back of the splint. It is secure when you can't bend your knee.



5. Apply the Zero Degree Wrap over the splint.

Place the Zero Degree Wrap over the splint, centering the Lake Effect logo over your knee cap. Wrap the side without the loop behind the knee, attach the Velcro® edge to the splint. Wrap the side with the loop around the back of the knee until snug, attach the Velcro® edge to secure.



Optional Heat or Cold Application: Before applying the Zero Degree Wrap to your knee, attach the contoured Lake Effect SnoPak™ or heat packs to the inside of the wrap. The black side of the SnoPak™ should be facing up. Apply the wrap as directed.

6. Ensure full extension.

Your knee should be extended at zero degrees. If you can bend your leg with the splint on, pump the attached air pump until the wrap feels tight and secure and the knee is straight and inflexible.



Stretching Protocol: Refer to the Zero Degree Knee Splint stretching instructions for proper use.

CARE INSTRUCTIONS: Hand-wash using cold water and mild detergent. Do not bleach. Rinse thoroughly, removing all detergent residue to avoid skin irritation. Air dry only. Do not twist or wring the Zero Degree Wrap—reshape and dry flat. A mild disinfectant wipe may be used to clean the SnoPak™. DO NOT MACHINE WASH.

WARNING: Incidents of pain, swelling, changes in sensation or unusual reactions should be immediately reported to your medical professional. The SnoPak™ is 100% latex-free and non-toxic and is intended for external use only. It is coated with a layer of material to help prevent damage and injuries to skin tissues. The manufacturer makes no guarantee that injury will be prevented using this product. DISCARD IF PUNCTURED OR TORN.

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View additional instructional videos at lakeeffectmed.com/zero-degree