



When am I supposed to wear the brace?

During the first 6 weeks when walking, exercising, or working on motion, please wear the brace. Do not wear the brace at night when sleeping, icing, or bathing.

How soon after surgery do I have to wait before using the X4 brace?

You need to begin wearing the X4 brace the day after surgery. Wear the brace as listed above and during your physical therapy appointments.

I just had physical therapy and the X4 brace measurement readings on the app differ from the ones taken by the Physical Therapist. Why?

The X4 brace measurement will differ slightly compared to the Physical Therapist. The X4 brace is a tool to give you comparable measurement information to help your progress through the rehab process. Make sure the brace is lined up properly with the knee joint and strapped tightly around the calf to prevent brace migration.

What if I can't do the prescribed exercises?

If for some reason you cannot complete the exercises, the app gives you the opportunity to select a reason (too much pain, not enough time, etc.). Follow all Physical Therapy instructions for exercises and remember your goal is to try and get to 0° extension and 120° flexion within 2-3 weeks post-operative.

Why can't I go to another app while on the Motion Intelligence app is performing daily exercises?

That is because some of the daily exercises use real time motion measurements to visually show and track your progress.

Can I wash the X4 smart brace?

Yes, you can wash the straps. **Be sure that the hinges DO NOT GET WET.** Detach the removable hook and loop strap from the hinges. Hand wash in cool water with mild soap.

More Questions? Contact us!

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