

Knee

Knee Injuries: Definitions, Signs and Symptoms

Bursitis/Swelling: Collection of fluid in and/or around joint or inflammation of the bursa sack in joint. Palpable fluid around joint that can be painful.

Chondromalacia Patella: Softening and deterioration of the articular cartilage on the underside of patella. Tenderness around patella with or without swelling. Dull ache in the center of knee.

Contusion: Bruise, pain and/or discoloration.

General Soreness: Pain as a result of overuse or chronic injury. Diffuse pain around the affected area.

Ligament Sprain/Instability: Ligament is stretched or torn decreasing the strength of the joint. Pain over ligament, joint, stiffness and decrease in range of motion.

Meniscus Tear: (Minor type) Tear in the meniscus (cartilage) of the knee. Diffuse pain along joint line. Clicking or locking of knee.

Patella Femoral Pain Syndrome: Injuries resulting in tracking problems of the patella. Pain around kneecap resulting from activity such as running, stairs, or excessive knee movement. Overuse injury.

Patella Tendinitis (Jumper's Knee): Inflammation of the tendon connecting the patella to the tibia (lower leg). Pain concentrated over patella tendon; increases with athletic activities. Overuse injury.

Quadriceps Tendinitis: Inflammation of the tendon connecting the quadriceps to the patella. Pain concentrated over quadriceps tendon; increases with athletic activities. Overuse injury.

TRUFIT®

Protection Levels

- S Standard:** Designed to provide light support during activities, as well as everyday use, and can be worn over an extended period of time.
- A Advanced:** Designed to provide moderate support during activities and should be worn as needed.
- P Premium:** Designed to provide advanced support during activities and not intended to be worn for an extended period of time, but removed after an activity.
- AM Antimicrobial:** Tru-Fit® Antimicrobial Supports with Gel Cushion inhibits bacterial growth on all layers of the support. This antimicrobial treatment reduces odor caused by bacteria.

Find Your Injury

*This information is not intended to be a substitute for professional medical advice, diagnosis or treatment. Always seek the advice of your physician with any questions or concerns.

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	Bursitis/Swelling	Chondromalacia Patella	Contusion	General Soreness	Ligament Sprain/Instability	Meniscus Tear	Patella Femoral Pain Syndrome	Patella Tendinitis	Quadriceps Tendinitis	Antimicrobial	Item#	Size
Closed Patella Knee Support	S	S	S								483736	ONE SIZE
Open Patella Knee Support			S			S		S			483737	ONE SIZE
Knee Support			S			S		S			483748	ONE SIZE
Padded Knee Support		S	S								483750	ONE SIZE
Open Patella Knee Support			S			S		S			483794	ONE SIZE
Knee Support	S	S	S								486085-7,9	SM - XL
Open Patella Knee Support			S			S		S			486107-10	SM - XL
Elasto-Prene® Knee Support	S		S								488407-8	SM/MD -LG/XL
Open Patella Knee Support with Magnets			A			A		A			483204	ONE SIZE
Knee Stabilizer with Straps				A	A						483742	ONE SIZE
Knee Support	A	A	A								483766	ONE SIZE
Open Patella Knee Support			A			A		A			483767	ONE SIZE
Knee Stabilizer				A	A						483771	ONE SIZE
Knee Stabilizer with Straps				A	A						483772	ONE SIZE
Neoprene Knee Pad		A	A								486111-4	SM - XL
Open Patella Knee Support with Terry Lining			A			A		A			486173-6	SM - XL
Knee Stabilizer with Metal Hinges			A	A							486185-8	SM - XL
Knee Strap	A						A				486843	ONE SIZE
Knee Stabilizer with Hinges				P	P						483011-12	LG-XL
Knee Stabilizer with Metal Stays		P		P	P	P	P				483049-52	SM-XL
Knee Stabilizer with Hinges				P	P						483053-6	SM-XL
PRO-Hinged Knee Brace			P	P					P		483057-60	MD-XXL
Elite Hinged Knee Brace			P	P					P		483061-64	MD-XXL
Lateral Knee Brace with Metal Stays				P	P	P					486220-2	MD-XL
Antimicrobial Open Patella Knee Support			AM			AM		AM	AM		483627-8	SM/MD -LG/XL
Antimicrobial Knee Support w/Side Stabilizers				AM	AM				AM		483629-30	SM/MD -LG/XL

*Please follow usage instructions on Tru-Fit® packages