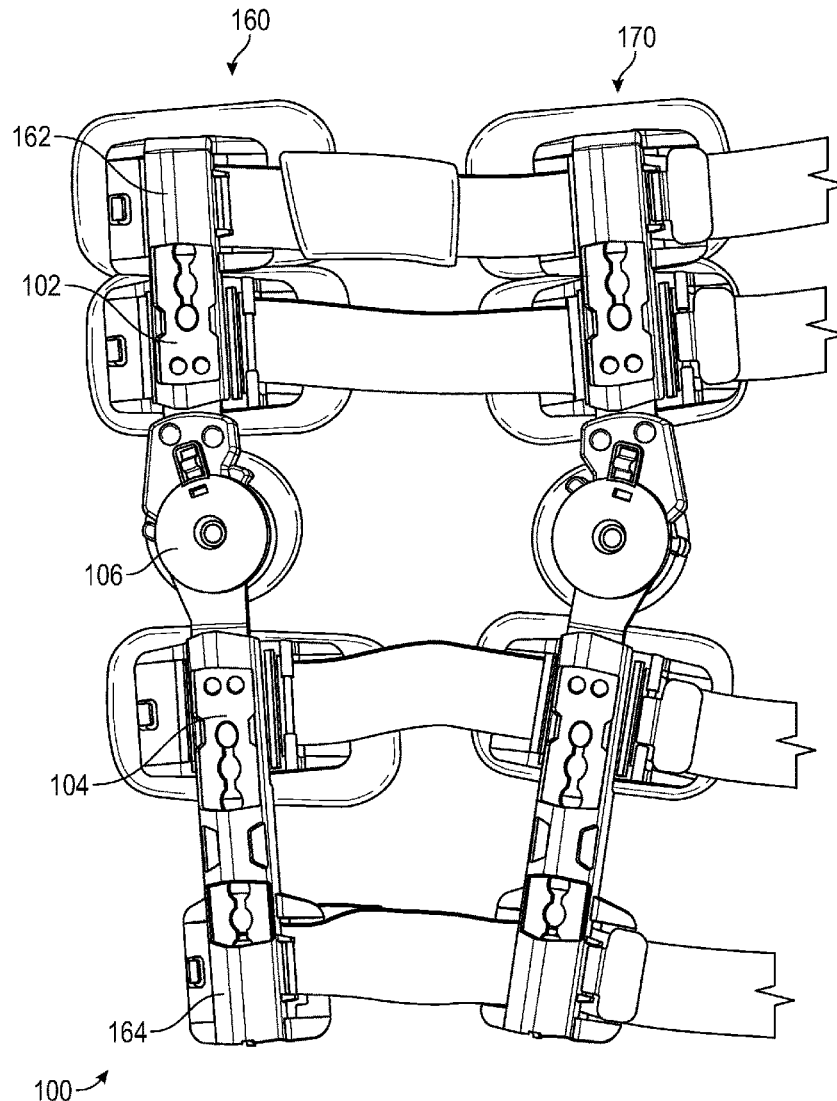




US 20200197209A1

(19) **United States**(12) **Patent Application Publication**
Bejarano et al.(10) **Pub. No.: US 2020/0197209 A1**(43) **Pub. Date: Jun. 25, 2020**(54) **BRACE LIMITING RANGE OF MOTION
AND METHOD OF USING SAME**(52) **U.S. Cl.**
CPC **A61F 5/0125** (2013.01); **A61F 2005/0165**
(2013.01); **A61F 2005/0158** (2013.01)(71) Applicant: **DJO, LLC**, Vista, CA (US)(72) Inventors: **Robert Bejarano**, Carlsbad, CA (US);
Edward Maher, Oceanside, CA (US)(21) Appl. No.: **16/714,119**(22) Filed: **Dec. 13, 2019****Related U.S. Application Data**(60) Provisional application No. 62/782,707, filed on Dec.
20, 2018.**Publication Classification**(51) **Int. Cl.**
A61F 5/01 (2006.01)(57) **ABSTRACT**

A brace is provided including an upper support arm, a lower support arm, and a hinge assembly. The hinge assembly includes an upper hinge plate coupled to the upper support arm and including a first plurality of teeth disposed along at least a portion of a perimeter of the upper hinge plate. The hinge assembly includes a lower hinge plate coupled to the lower support arm and including a second plurality of teeth disposed along at least a portion of a perimeter of the upper hinge plate. The hinge assembly includes an axle rotatably coupling the upper and lower hinge plates. The hinge assembly includes a locking element disposed on the upper hinge plate and including first and second protrusions configured to physically contact opposite sides of one of the second plurality of teeth in a first orientation, thereby prohibiting relative rotation between the upper and lower support arms.



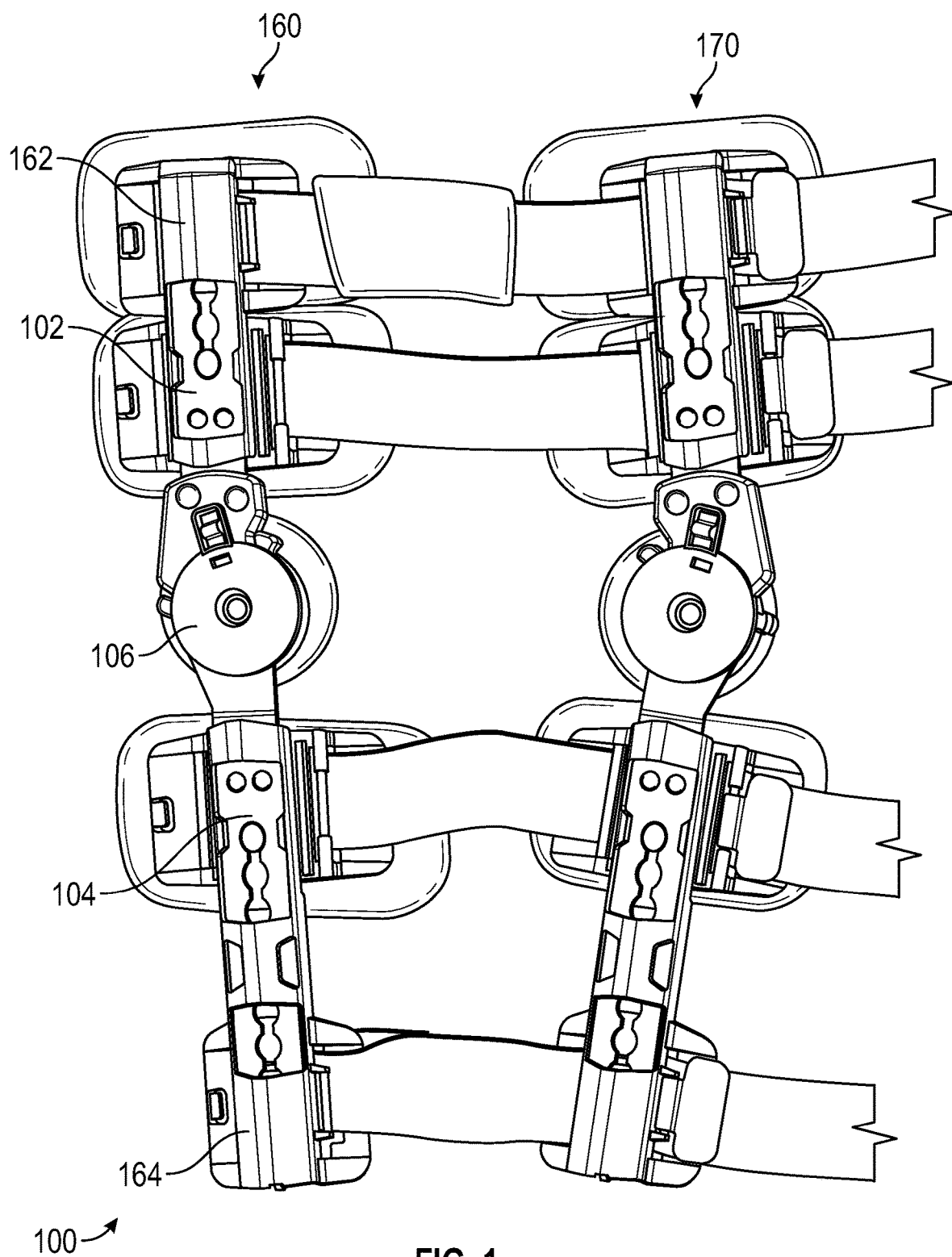


FIG. 1

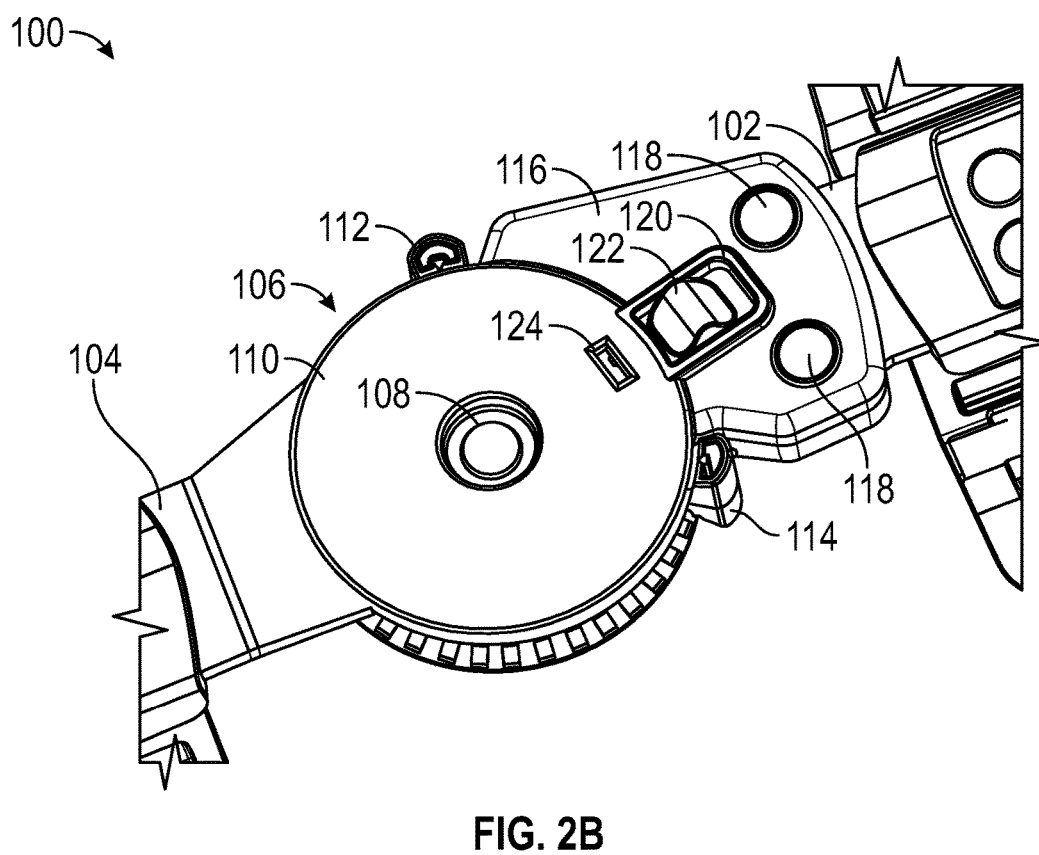
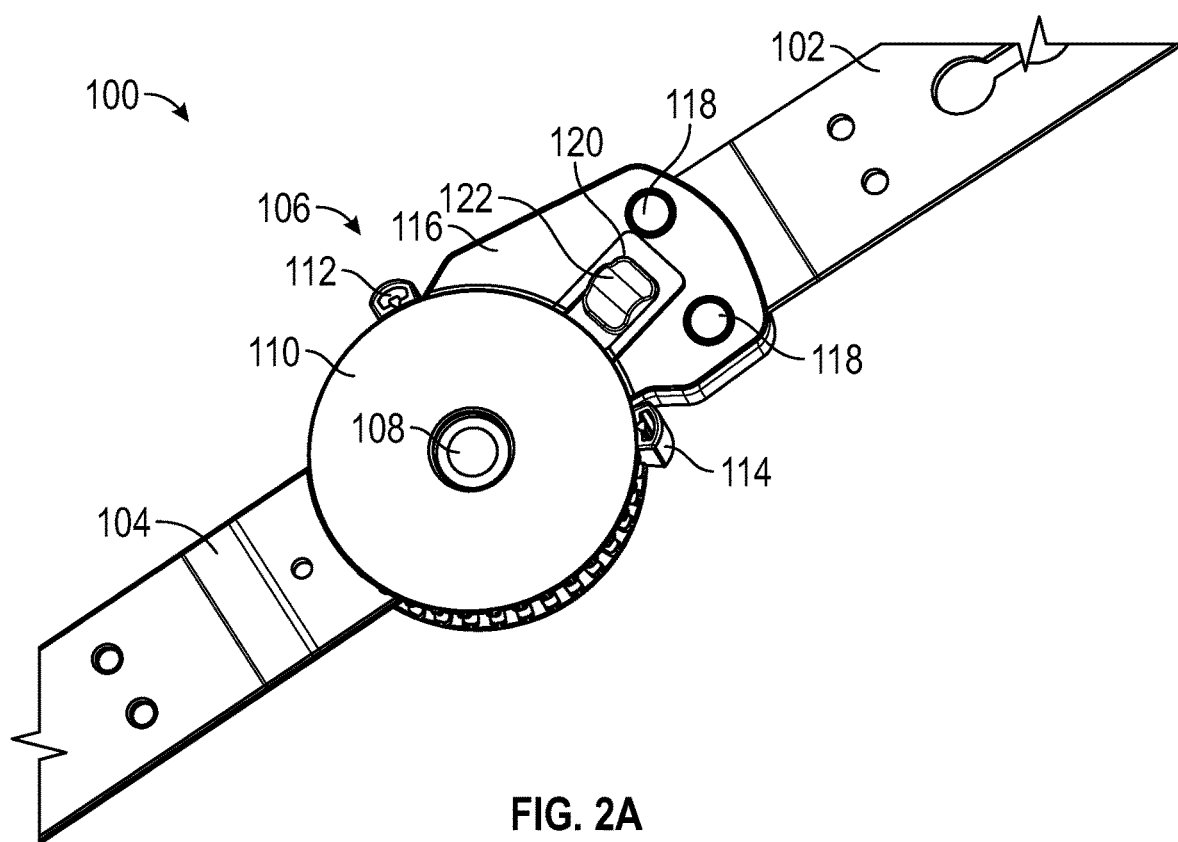


FIG. 3B

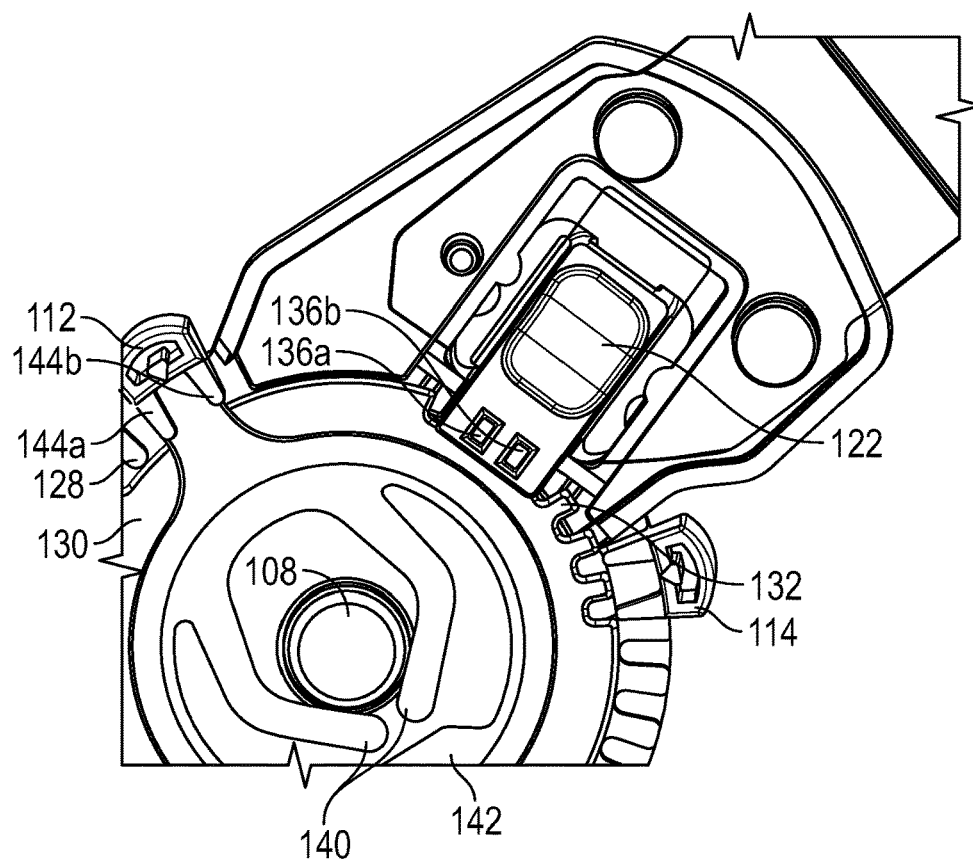


FIG. 4A

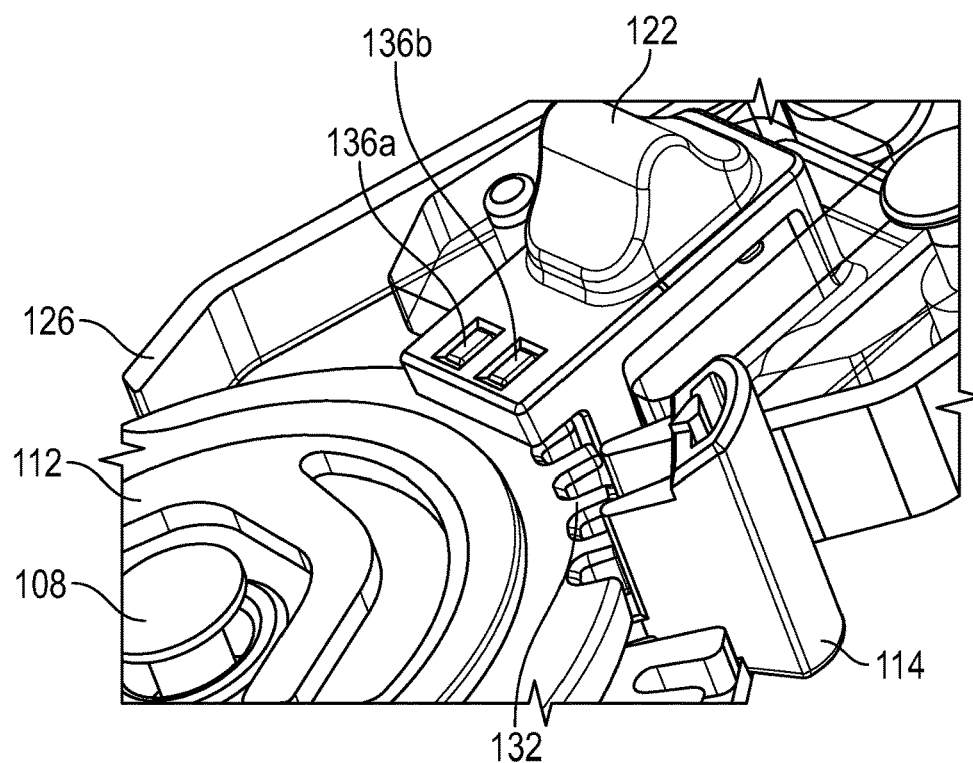


FIG. 4B

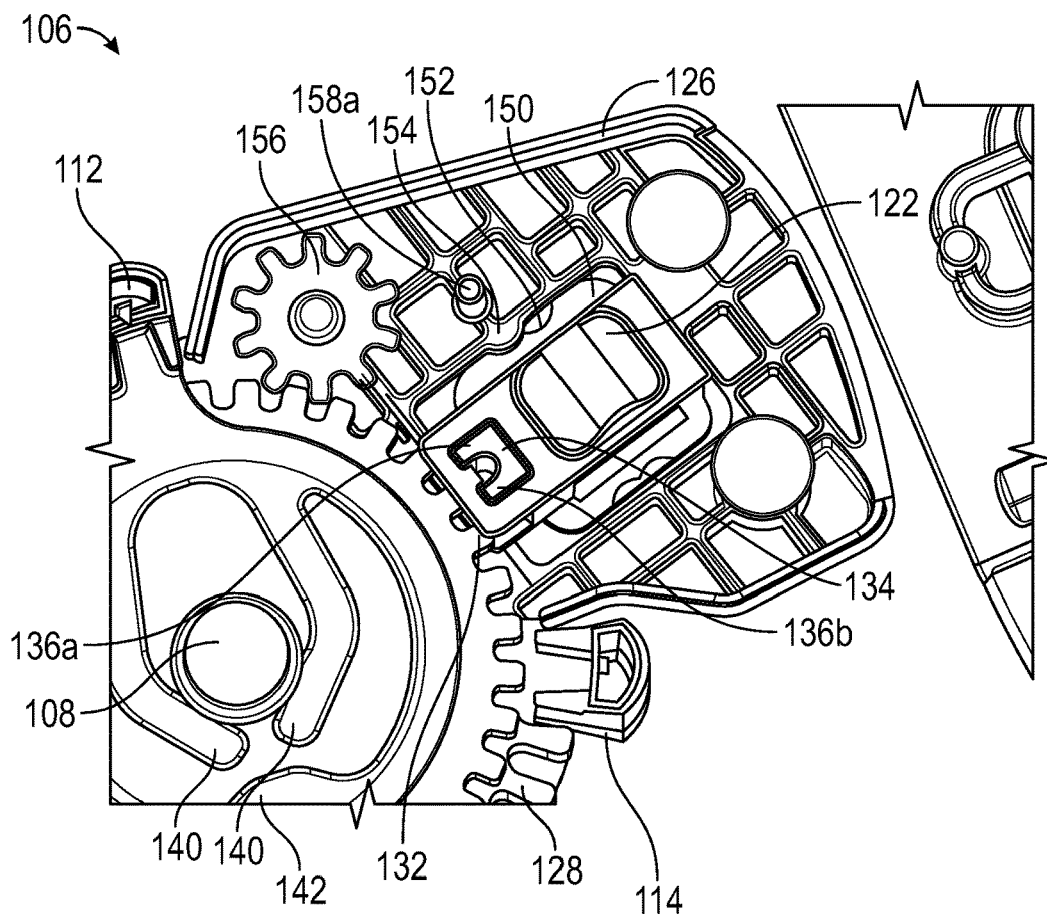


FIG. 5A

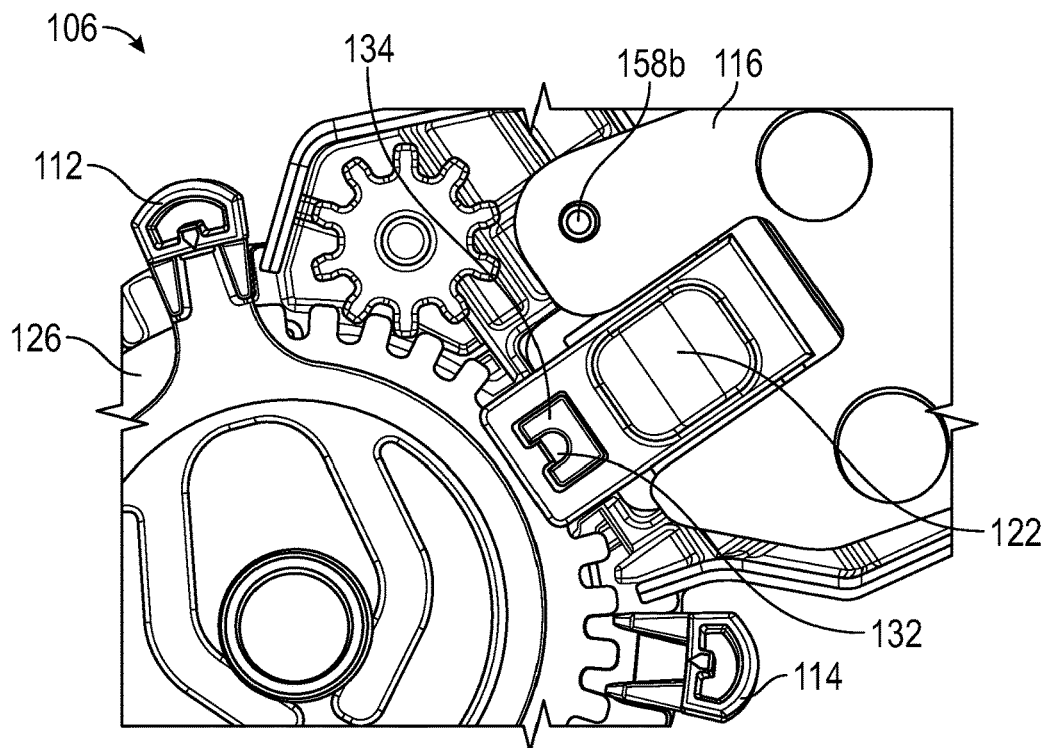


FIG. 5B

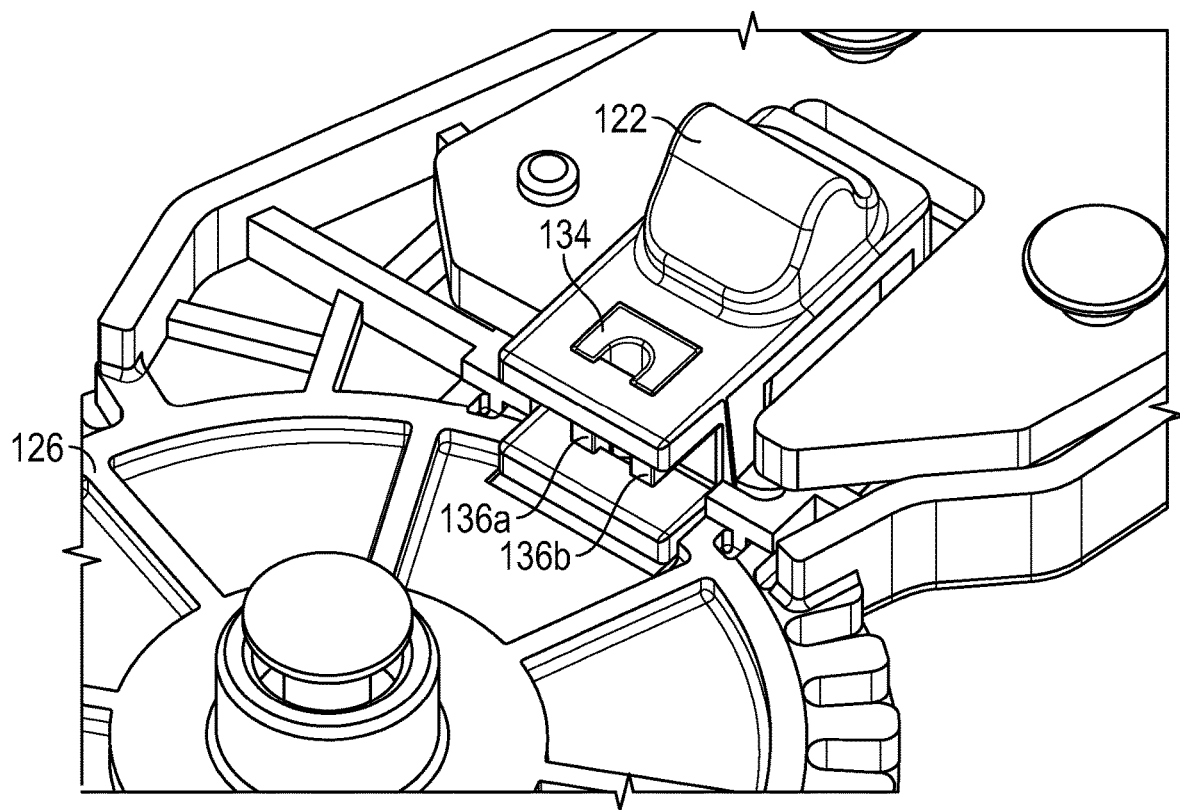


FIG. 6

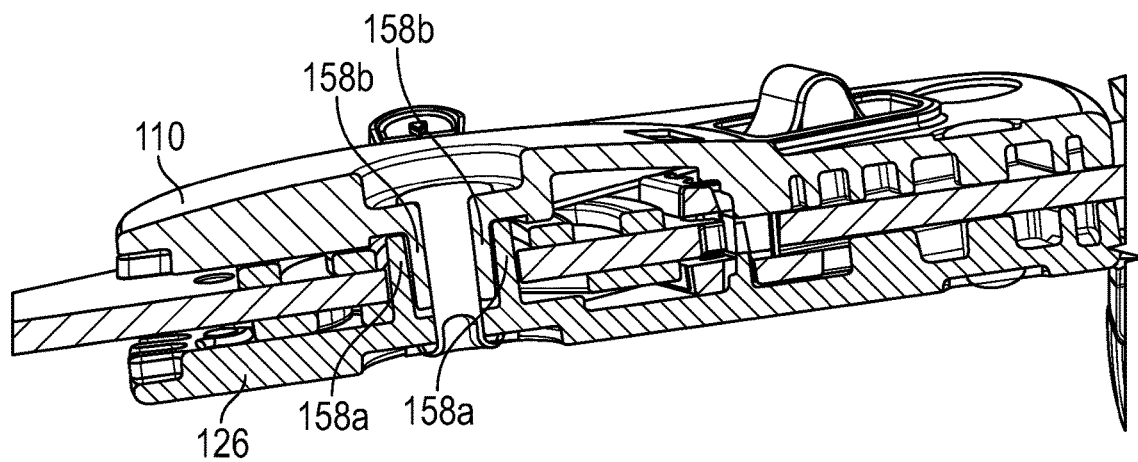


FIG. 7

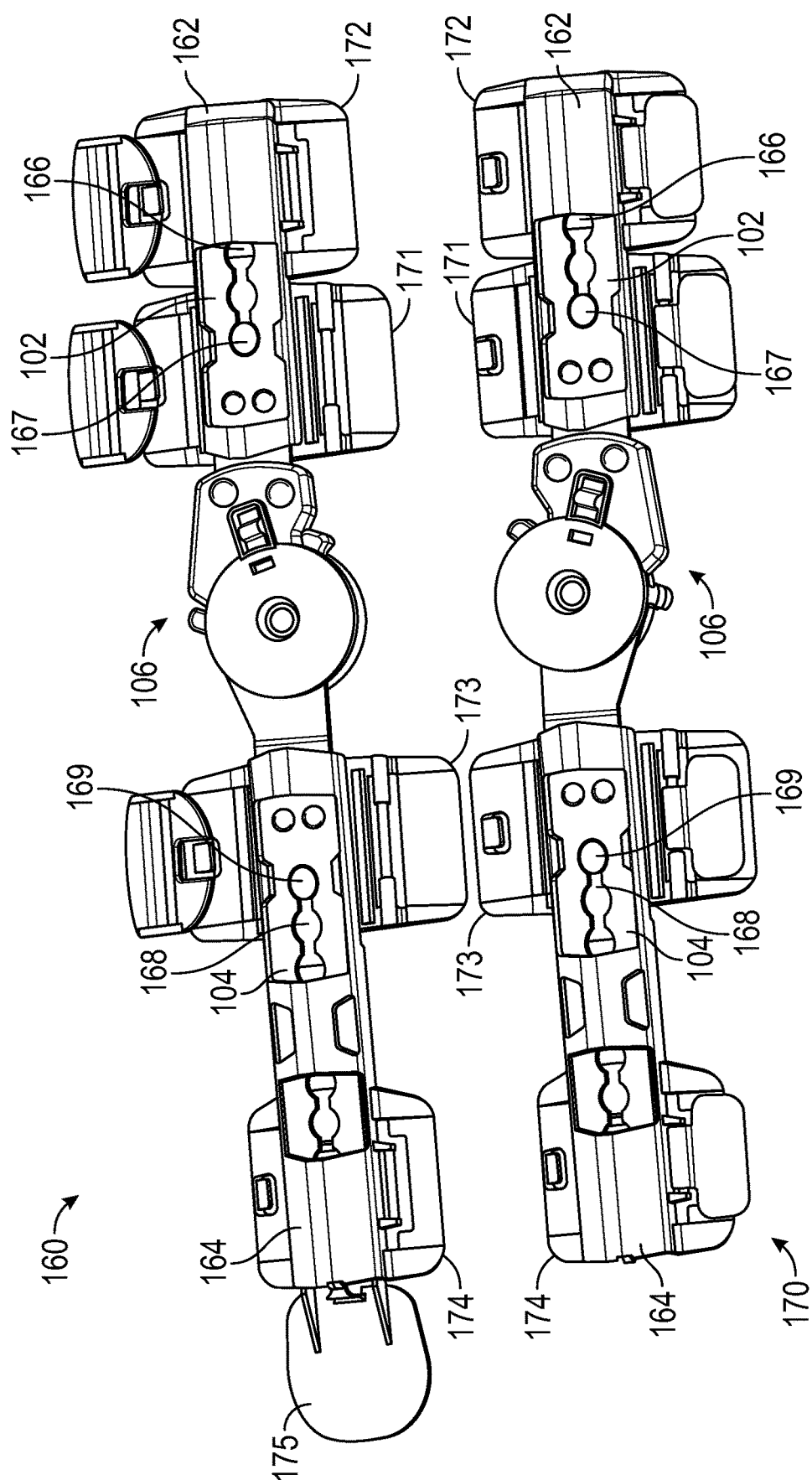


FIG. 8A

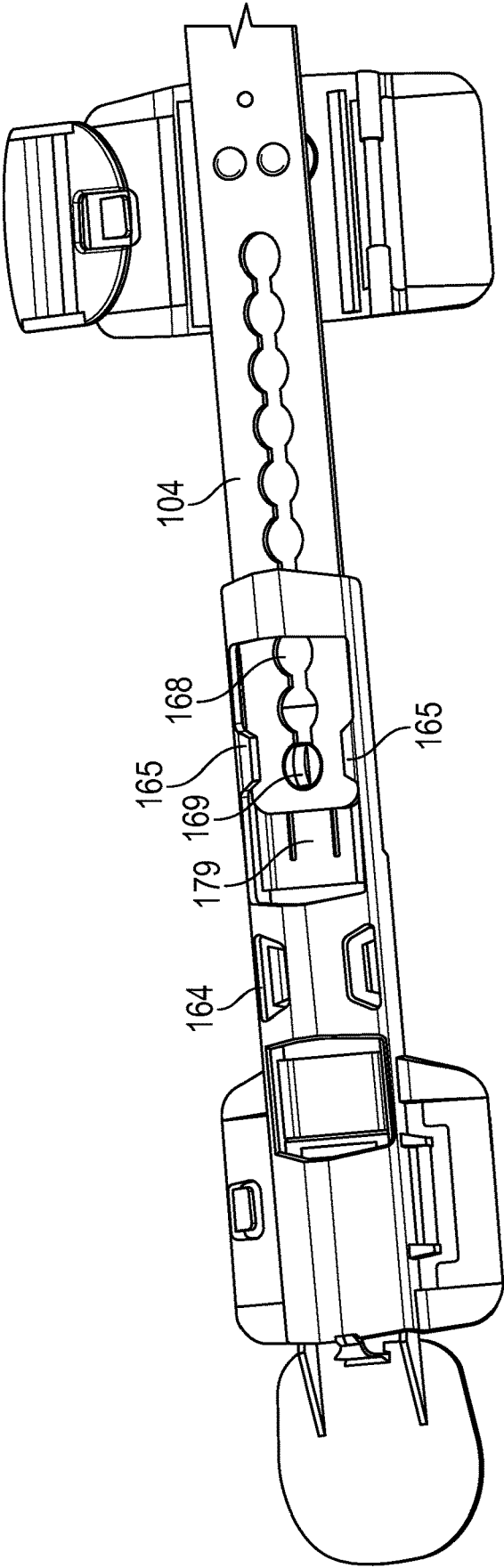


FIG. 8B

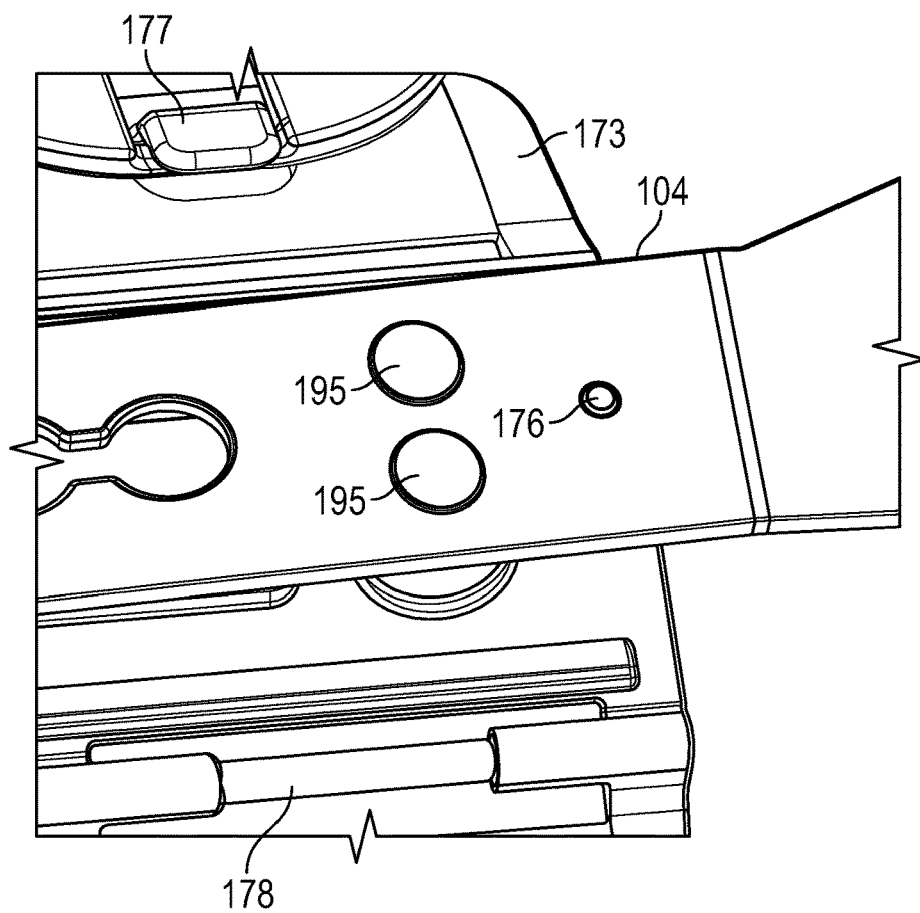


FIG. 8C

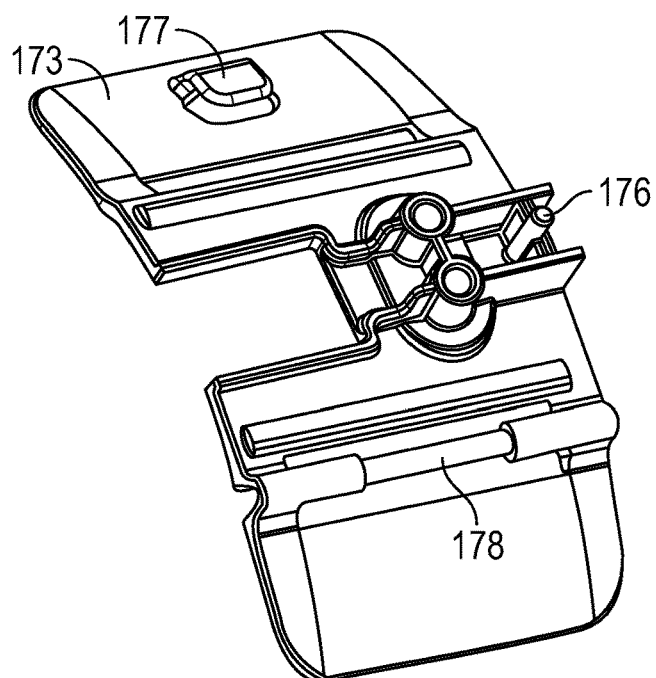


FIG. 8D

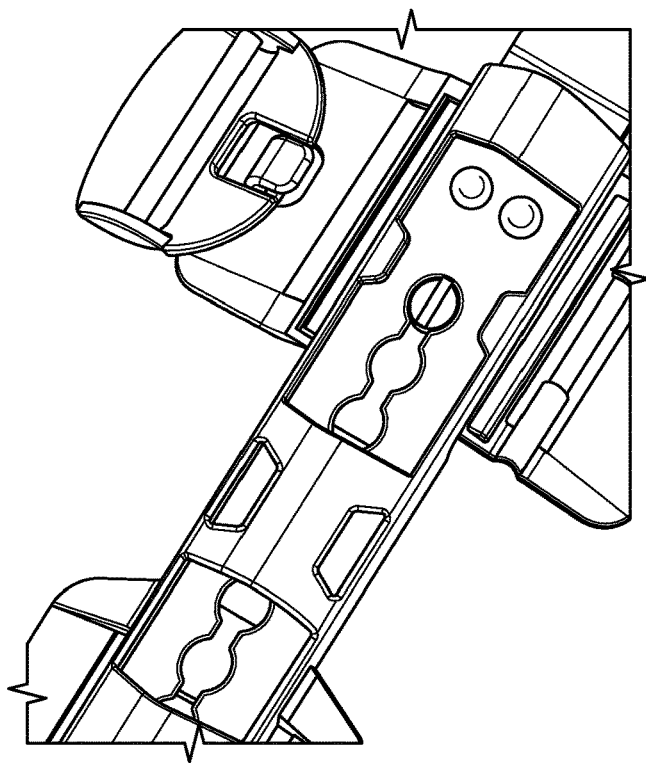


FIG. 8E

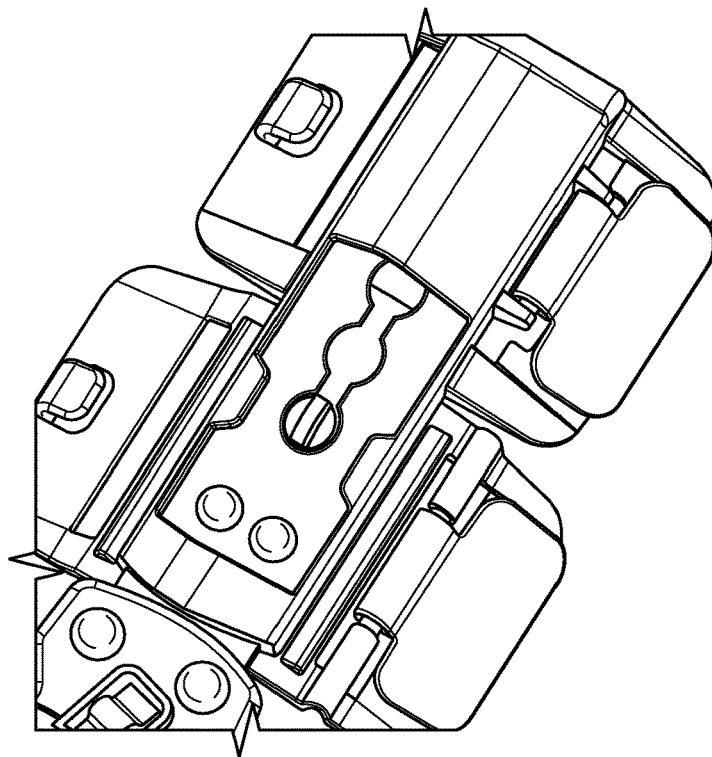


FIG. 8F

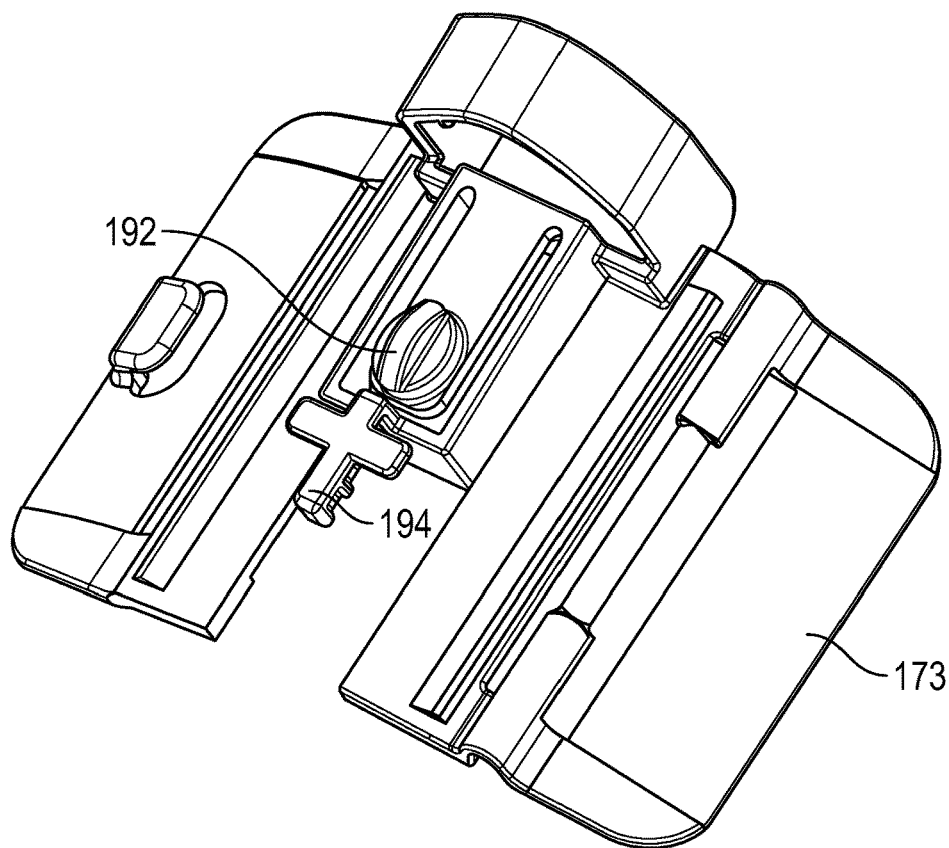


FIG. 9A

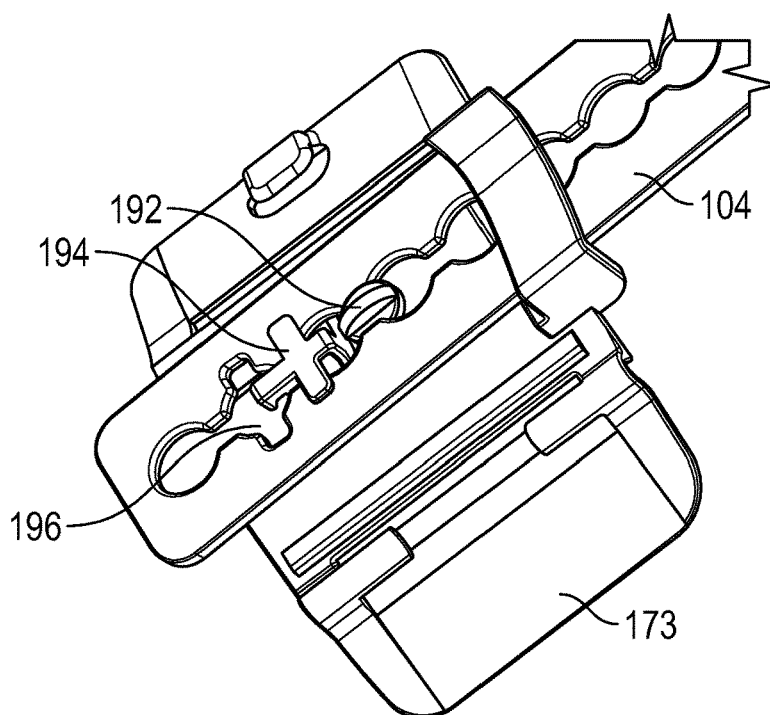


FIG. 9B

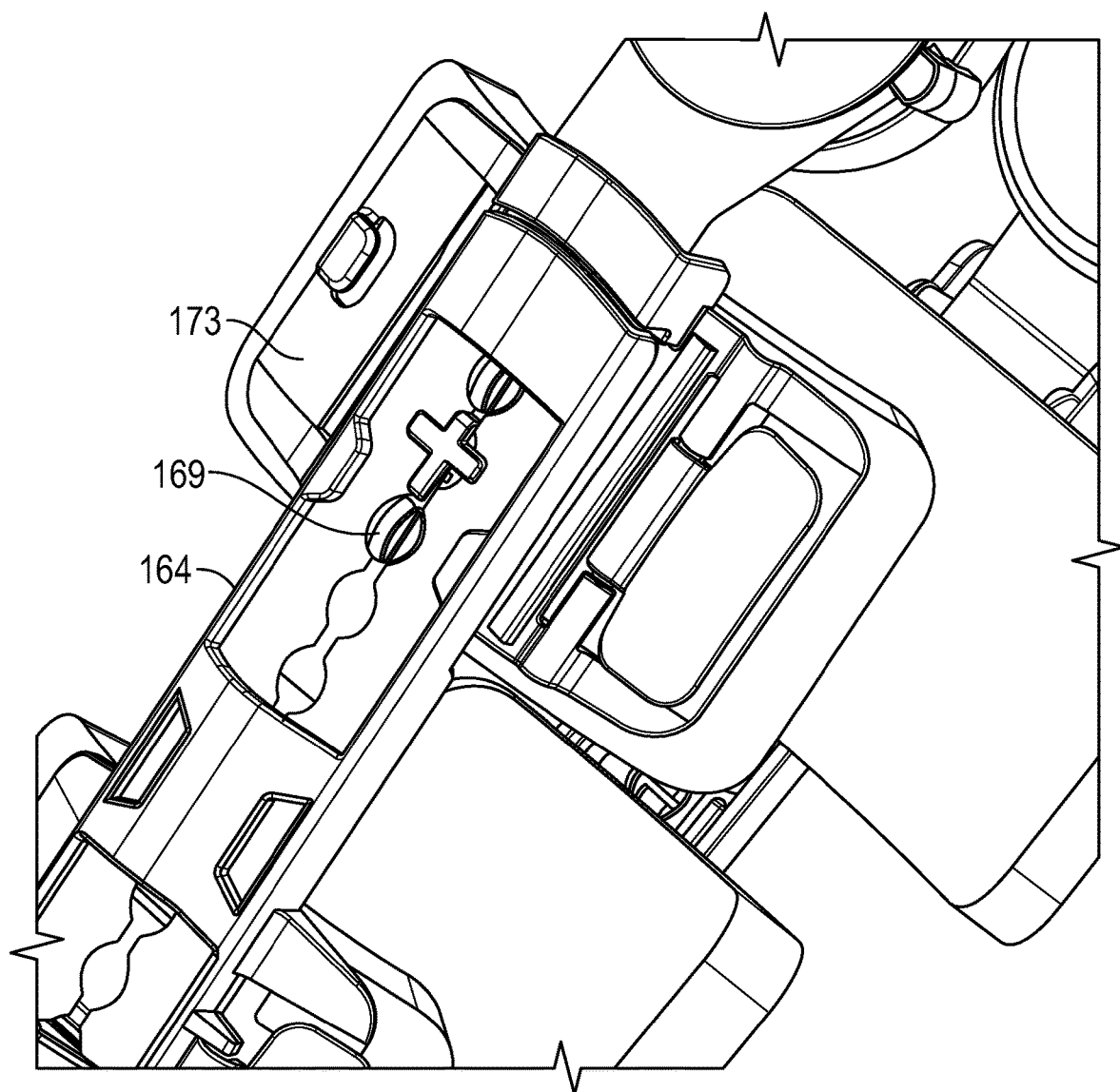


FIG. 9C

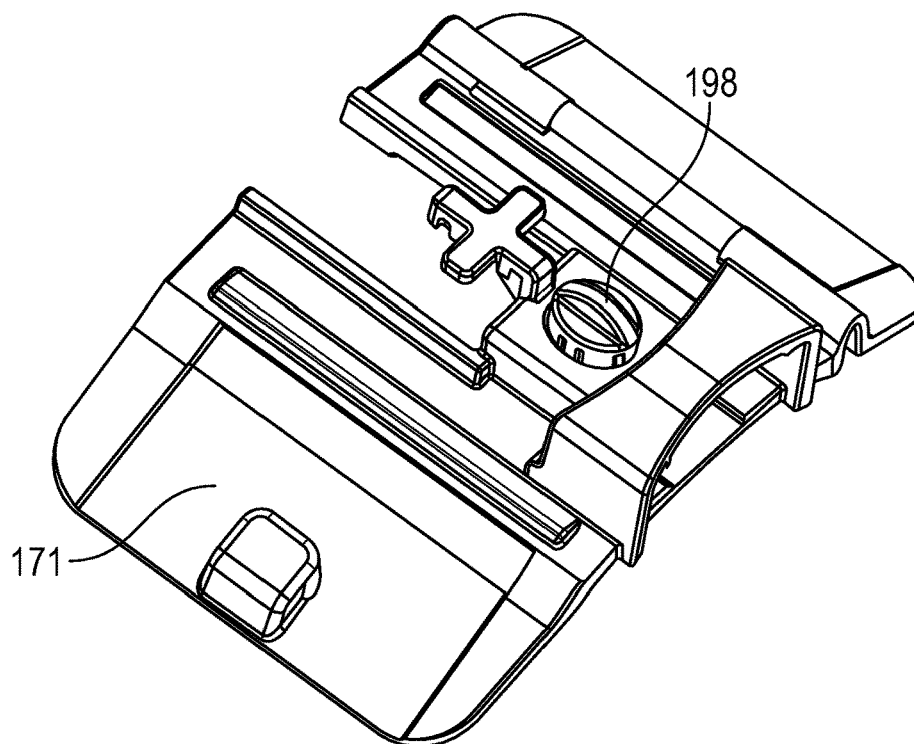


FIG. 9D

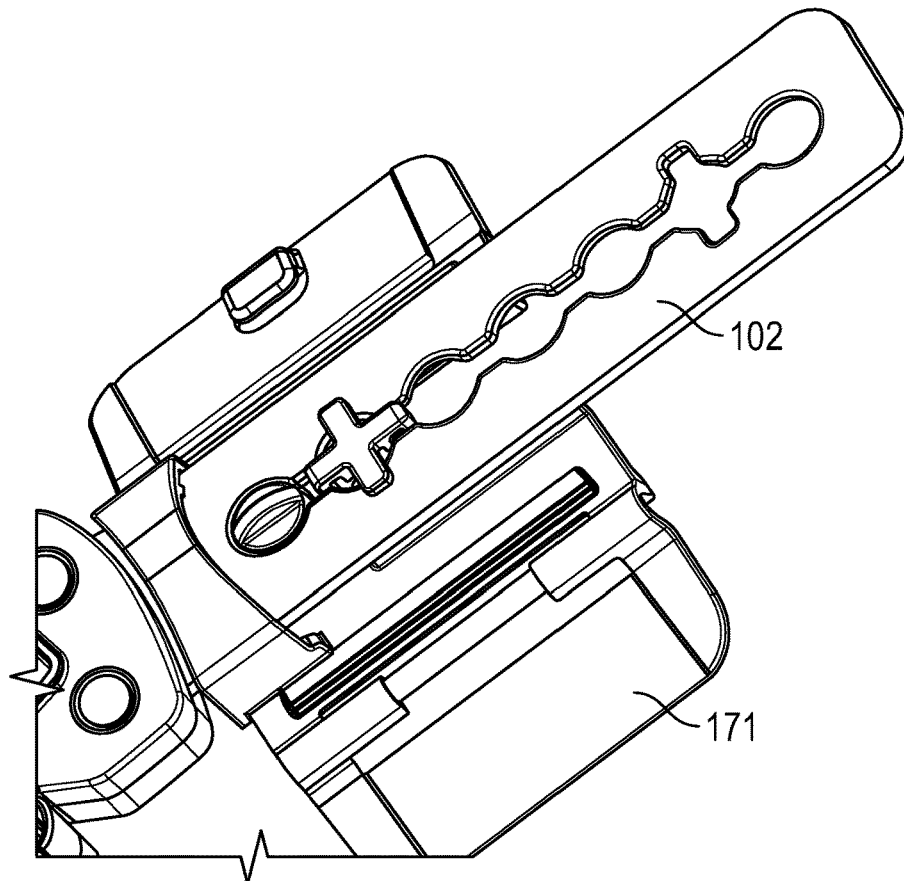


FIG. 9E

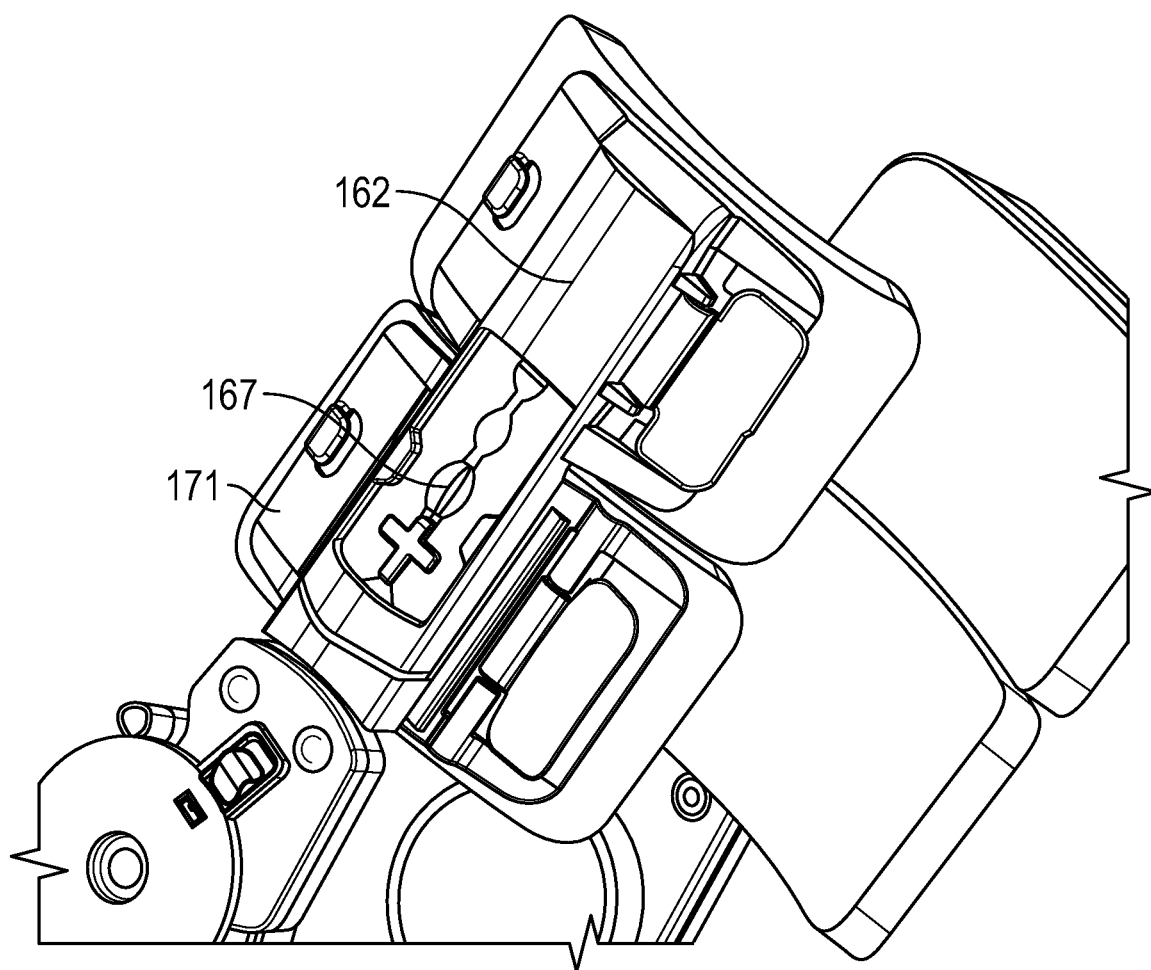


FIG. 9F

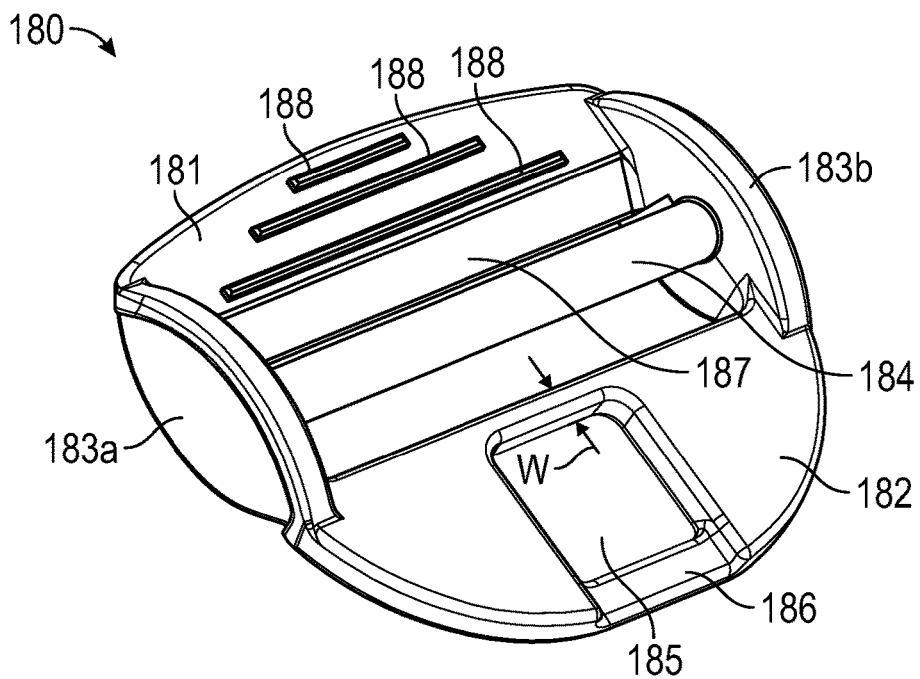


FIG. 10

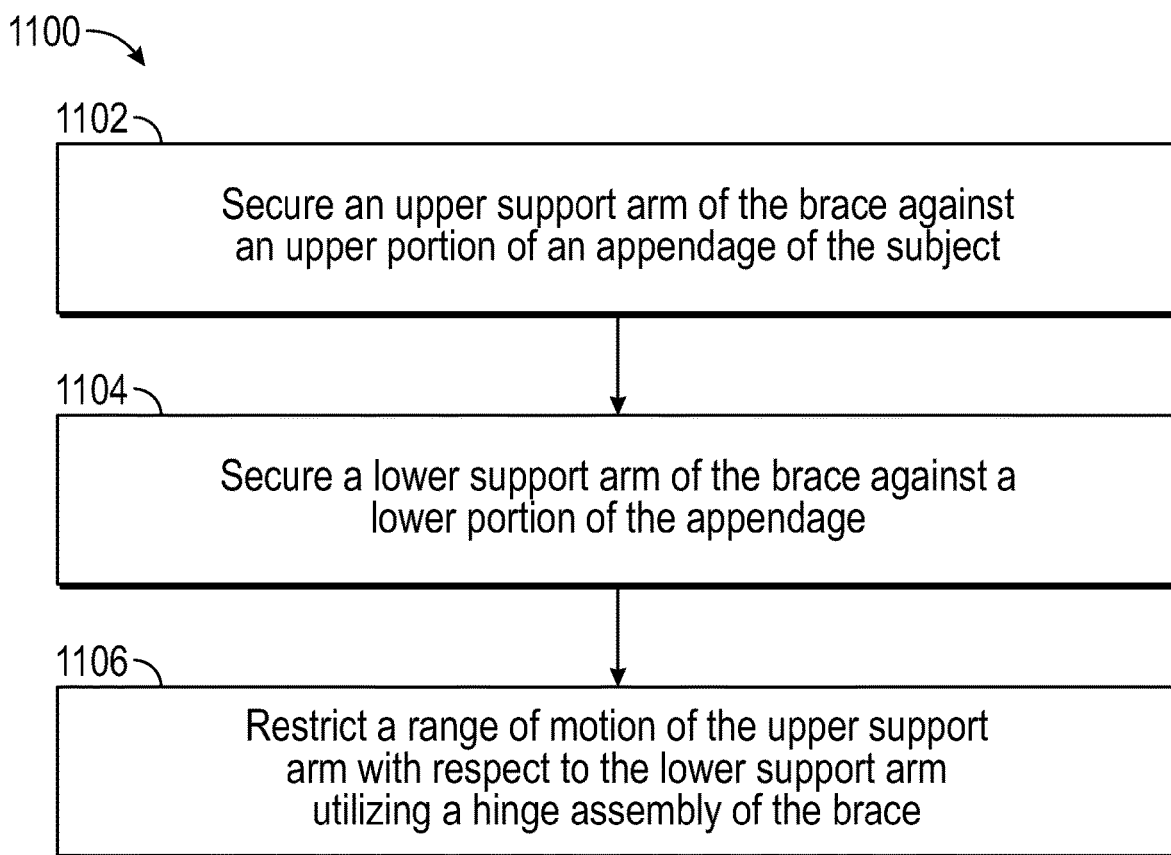


FIG. 11

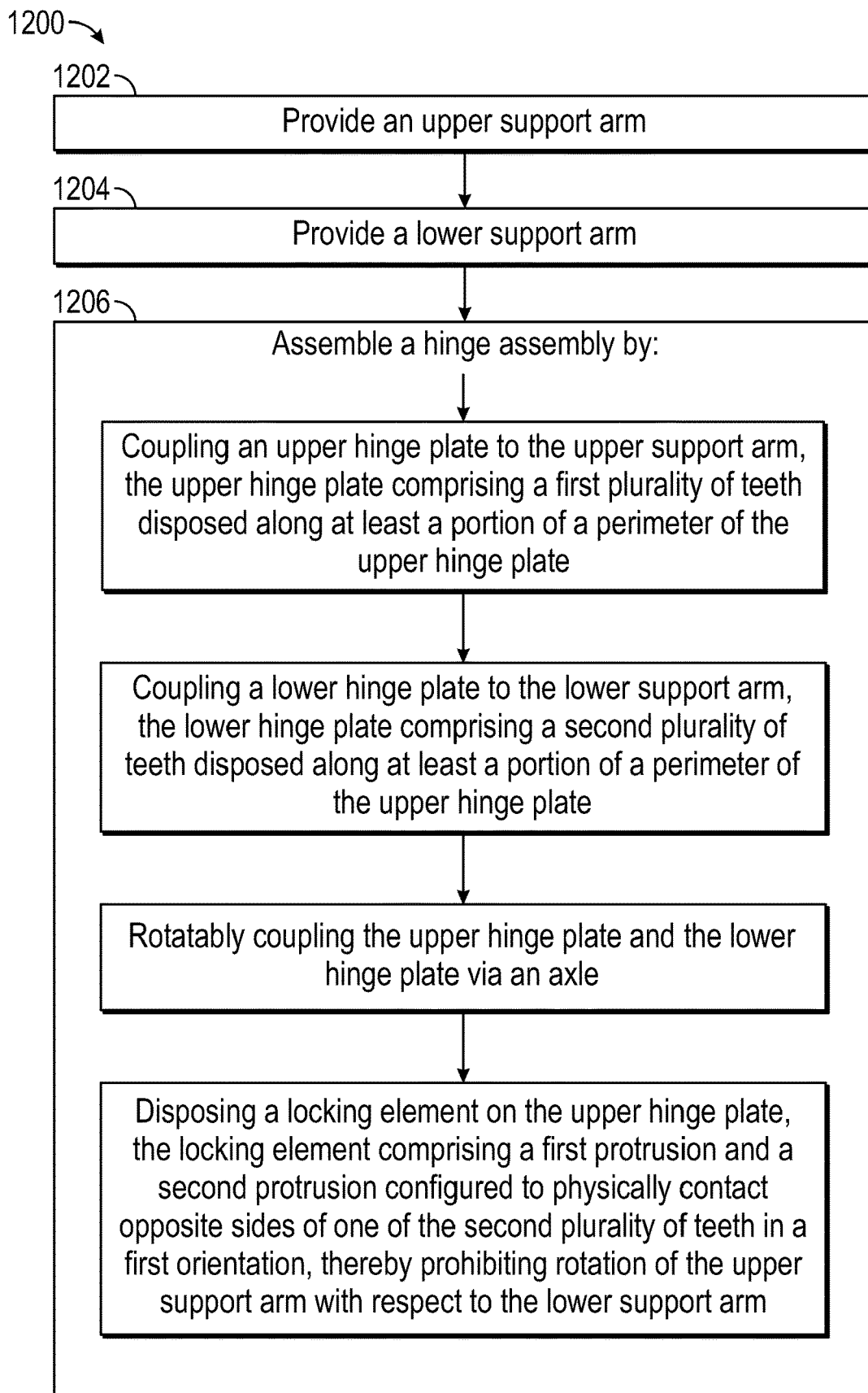


FIG. 12

BRACE LIMITING RANGE OF MOTION AND METHOD OF USING SAME

CROSS-REFERENCE TO RELATED APPLICATIONS

[0001] This application claims priority to U.S. Provisional Application No. 62/782,707, filed on Dec. 20, 2018, the entire contents of which are hereby incorporated by reference.

BACKGROUND

Field of the Disclosure

[0002] The present disclosure relates generally to a brace configured to limit a range of motion of a joint of a user and a method of using the same.

Description of the Related Technology

[0003] Damaged ligaments, cartilage, and tendons in joints are not an uncommon occurrence, particularly with today's emphasis on physical activity and conditioning. Few injuries interfere with motion more than injuries to the knee. Knee injuries account for approximately 60% of all sports related injuries with nearly half of those injuries occurring to the ACL. ACL injury is most prevalent (1 in 1,750 persons) in patients between the ages of 15 and 45, due in no small measure to their more active lifestyle as well as higher participation in sports. A person who has torn their ACL has a 15 times greater risk of a second ACL injury during the initial 2 months after ACL reconstruction, and risk of ACL injury to the opposite knee is two times that of the restructured knee.

[0004] There are four main ligaments which hold the knee together: Anterior Cruciate Ligament (ACL), Posterior Cruciate Ligament (PCL), Medial Collateral Ligament (MCL) and Lateral Collateral Ligament (LCL). There are over 200,000 ACL injuries that occur in the United States annually. Approximately 50% of ACL injuries occur with injuries to other structures of the knee. While less common than an ACL injury, injuries to the PCL account for between 3% to 20% of all knee ligament injuries. The collateral ligaments, MCL and LCL, are responsible for 25% of knee injuries in competitive athletes.

[0005] Treatments for ACL and other ligament injuries include surgical and non-surgical options. Braces are employed to limit range of motion, promote support and stabilization while ligaments heal. In the case of ACL surgery, graft strength of a new ACL is considerably weaker than the native ACL during the first 12 months, so a brace configured to limit the range of motion of a joint of the user during this early period helps protect it from harmful forces that occur in everyday life or in sports activity.

SUMMARY

[0006] According to some embodiments, a brace configured to restrict a range of motion of a joint of a subject is provided. The brace includes an upper support arm. The brace includes a lower support arm. The brace includes a hinge assembly. The hinge assembly includes an upper hinge plate coupled to the upper support arm and comprising a first plurality of teeth disposed along at least a portion of a perimeter of the upper hinge plate. The hinge assembly includes a lower hinge plate coupled to the lower support

arm and comprising a second plurality of teeth disposed along at least a portion of a perimeter of the upper hinge plate. The hinge assembly includes an axle rotatably coupling the upper hinge plate and the lower hinge plate. The hinge assembly includes a locking element disposed on the upper hinge plate. The locking element includes a first protrusion and a second protrusion configured to physically contact opposite sides of one of the second plurality of teeth in a first orientation, thereby prohibiting rotation of the upper support arm with respect to the lower support arm.

[0007] According to some embodiments, a method of restricting a range of motion of a joint of a subject utilizing a brace configured for attachment to the joint is provided. The method includes securing an upper support arm of the brace against an upper portion of an appendage of the subject. The method includes securing a lower support arm of the brace against a lower portion of the appendage. The method includes restricting a range of motion of the upper support arm with respect to the lower support arm utilizing a hinge assembly of the brace. The hinge assembly includes an upper hinge plate coupled to the upper support arm and comprising a first plurality of teeth disposed along at least a portion of a perimeter of the upper hinge plate. The hinge assembly includes a lower hinge plate coupled to the lower support arm and comprising a second plurality of teeth disposed along at least a portion of a perimeter of the upper hinge plate. The hinge assembly includes an axle rotatably coupling the upper hinge plate and the lower hinge plate. The hinge assembly includes a locking element disposed on the upper hinge plate, the locking element comprising a first protrusion and a second protrusion configured to physically contact opposite sides of one of the second plurality of teeth in a first orientation, thereby prohibiting rotation of the upper support arm with respect to the lower support arm.

[0008] According to some embodiments, a method of manufacturing a brace configured to restrict a range of motion of a joint of a subject is provided. The method includes providing an upper support arm. The method includes providing a lower support arm. The method includes assembling a hinge assembly. Assembling the hinge assembly includes coupling an upper hinge plate to the upper support arm, the upper hinge plate comprising a first plurality of teeth disposed along at least a portion of a perimeter of the upper hinge plate. Assembling the hinge assembly includes coupling a lower hinge plate to the lower support arm, the lower hinge plate comprising a second plurality of teeth disposed along at least a portion of a perimeter of the upper hinge plate. Assembling the hinge assembly includes rotatably coupling the upper hinge plate and the lower hinge plate via an axle. Assembling the hinge assembly includes disposing a locking element on the upper hinge plate. The locking element includes a first protrusion and a second protrusion configured to physically contact opposite sides of one of the second plurality of teeth in a first orientation, thereby prohibiting rotation of the upper support arm with respect to the lower support arm.

BRIEF DESCRIPTION OF THE DRAWINGS

[0009] FIG. 1 illustrates a brace configured for attachment to a joint of a user, in accordance with some embodiments;

[0010] FIG. 2A illustrates a hinge assembly of the brace of FIG. 1, in accordance with some embodiments;

[0011] FIG. 2B illustrates the hinge assembly FIG. 2A further comprising a window configured to provide visual

indication of a locked state of the hinge assembly, in accordance with some embodiments;

[0012] FIG. 3A illustrates a plan view of a hinge assembly of the brace of FIG. 1 in an unlocked configuration, in accordance with some embodiments;

[0013] FIG. 3B illustrates a perspective view of the hinge assembly of FIG. 3A in the unlocked configuration;

[0014] FIG. 4A illustrates a plan view of a hinge assembly of the brace of FIG. 1 in a locked configuration, in accordance with some embodiments;

[0015] FIG. 4B illustrates a perspective view of the hinge assembly of FIG. 4A in the locked configuration, in accordance with some embodiments;

[0016] FIG. 5A illustrates a plan view of another hinge assembly of the brace of FIG. 1 in an unlocked configuration, in accordance with some embodiments;

[0017] FIG. 5B illustrates a plan view of the hinge of FIG. 5A in a locked configuration;

[0018] FIG. 6 illustrates a perspective view of a locking mechanism of the brace of FIG. 1, in accordance with some embodiments;

[0019] FIG. 7 illustrates a cutaway view of a hinge assembly of the brace of FIG. 1, according to some embodiments;

[0020] FIG. 8A illustrates a perspective view of a portion of the brace of FIG. 1, according to some embodiments;

[0021] FIG. 8B illustrates a perspective view of a lower portion of the brace of FIG. 1 in a maximally extended position, according to some embodiments;

[0022] FIG. 8C illustrates a perspective view of attachment of a cuff to a support arm according to some embodiments;

[0023] FIG. 8D illustrates the cuff of FIG. 8C separated from the support arm;

[0024] FIG. 8E illustrates a perspective view of a lower portion of the brace of FIG. 1 in a minimally extended position, according to some embodiments;

[0025] FIG. 8F illustrates a perspective view of an upper portion of the brace of FIG. 1 in a minimally extended position, according to some embodiments;

[0026] FIG. 9A illustrates an adjustable cuff for a lower support arm according to some embodiments;

[0027] FIG. 9B illustrates the cuff of FIG. 9A being attached to the lower support arm;

[0028] FIG. 9C illustrates a perspective view of a lower portion of the brace of FIG. 1 in a minimally extended position using the cuff of FIG. 9A, according to some embodiments;

[0029] FIG. 9D illustrates an adjustable cuff for an upper support arm according to some embodiments;

[0030] FIG. 9E illustrates the cuff of FIG. 9D attached to the upper support arm;

[0031] FIG. 9F illustrates a perspective view of an upper portion of the brace of FIG. 1 in a minimally extended position using the cuff of FIG. 9D, according to some embodiments;

[0032] FIG. 10 illustrates a perspective view of a buckle for use with the brace of FIG. 1, according to some embodiments;

[0033] FIG. 11 illustrates a flowchart of a method a method of using a brace configured for attachment to a joint of a subject, in accordance with some embodiments; and

[0034] FIG. 12 illustrates a flowchart of a method of a method of manufacturing a brace configured for attachment to a joint of a subject, in accordance with some embodiments.

DETAILED DESCRIPTION

[0035] Embodiments of this disclosure relate to orthopedic braces for use in treating a variety of injuries to the knee, or other joint, and surrounding ligaments. More particularly, embodiments of the brace disclosed herein may be intended for use in post-operative activities and/or activities of daily living for patients with ACL deficiencies, collateral ligament deficiencies, hyperextension injury, or for prophylactic use.

[0036] Orthotic bracing and support can promote healing and wellness through the benefit of natural motion through safe ranges of motion (ROM) and/or by locking a joint in a desired orientation. Post-surgical recovery of the patient may be at least partially dependent upon locking the affected joint in a desired orientation and/or limiting ROM to a predetermined safe range. Accordingly, there is a need for bracing solutions configured to lock the affected joint in a desired orientation and/or limit ROM to a predetermined safe range.

[0037] A better understanding of the various features of the disclosure can be gleaned from the following description read in conjunction with the accompanying drawings in which like reference characters refer to like elements, where reasonably applicable. While the disclosure may be susceptible to various modifications and alternative constructions, certain illustrative features are shown in the drawings and are described in detail below. It will be understood, however, that there is no intention to limit the disclosure to the specific embodiments disclosed, but to the contrary, the intention is to cover all modifications, alternative constructions, combinations, and equivalents falling within the spirit and scope of the disclosure.

[0038] Furthermore, it will be appreciated that unless a term is expressly defined in this disclosure to possess a described meaning, there is no intent to limit the meaning of such term, either expressly or indirectly, beyond its plain or ordinary meaning.

[0039] For ease of understanding the disclosed features of an orthopedic device, as used herein, “proximal” has its ordinary meaning and refers to a location situated next to or near the point of attachment or origin or a central point or located toward the center of the body. Likewise, the term “distal” has its ordinary meaning and refers to a location that is situated away from the point of attachment or origin or central point or located away from the center of the body. The term “medial” refers to a position that is closer to the midline of the body, whereas the term “lateral” refers to a position further from the midline of the body. The terms “upper” and “lower” describe the position of certain elements as being either above or below a hinge assembly of the brace. An “upper” element is above the hinge assembly and knee or other joint, whereas a “lower” element is below the hinges assembly and knee or other joint. The term “posterior” also has its ordinary meaning and refers to a location that is behind or to the rear of another location or feature. Lastly, the term “anterior” has its ordinary meaning and refers to a location that is ahead of or to the front of another location or feature.

[0040] The terms “rigid,” “flexible,” “malleable” and “resilient” may be used herein to distinguish portions of

certain features of the orthopedic device. The term “rigid” is intended to mean an element of the device is generally or substantially inflexible. Within the context of frame or support members or shells that are “rigid,” it is intended to indicate that they do not lose their overall shape when force is applied. The term “flexible” or “malleable”, by contrast, is intended to encompass features that are capable of bending or flexing under load.

[0041] FIG. 1 illustrates a brace 100 configured for attachment to a joint of a user, in accordance with some embodiments. Brace 100 includes at least one of lateral portion 160 configured to abut a lateral side of an appendage of a user, and a medial portion 170 configured to abut a medial side of the appendage of the user. As will be described in more detail in connection with the following figures, lateral and medial portions 160, 170 may each comprise an upper support arm 102, a lower support arm 104, and a hinge assembly 106 configured to rotatably couple upper support arm 102 to lower support arm 104. Hinge assembly 106 is further configured to limit a range of motion of upper support arm 102 with respect to lower support arm 104 in at least one of a first rotational direction and a second rotational direction. As will be described in more detail below, each of lateral and medial portions 160, 170 may further comprise an upper slider 162 configured to slidably couple to upper support arm 102 and a lower slider 164 configured to slidably couple to lower support arm 104. Brace 100 may be secured to an appendage of a user utilizing one or more straps configured to secure upper and lower support arms 102, 104 and upper and lower sliders 162, 164 against a side of a user's appendage. Various features, aspects and elements of brace 100 will now be described in more detail in connection with the following figures.

[0042] FIG. 2A illustrates hinge assembly 106 of brace 100 of FIG. 1, in accordance with some embodiments, while FIG. 2B illustrates hinge assembly 106 of FIG. 2A further comprising a window 124 configured to provide visual indication of a locked state of hinge assembly 106, in accordance with some embodiments. Discussion of hinge assembly 106 will be described in connection with FIGS. 2A and 2B thereafter below.

[0043] The terms “hinge” or “hinge assembly” as used herein means a mechanical coupler that ties two arms of the brace together while allowing rotational motion through different angular orientations of the longitudinal axes of the two arms. For example, as shown in FIGS. 2A and 2B, hinge assembly 106 mechanically couples upper support arm 102 and lower support arm 104 about an axle 108. Upper and lower support arms 102, 104 may comprise any suitably rigid material, e.g., metal, plastic, fiberglass composite, etc.

[0044] Hinge assembly 106 comprises a hinge cover 110 configured to cover at least some internal components of hinge assembly 106 as will be described in more detail below. When in use, hinge assembly 106 is generally proximate to the anatomical joint being braced, for example and not limitation, a knee or an elbow joint. Hinge assembly 106 comprises a first range of motion stop 112 configured to limit a range of motion of upper support arm 102 with respect to lower support arm 104 in a first rotational direction. Hinge assembly 106 may further comprise a second range of motion stop 114 configured to limit a range of motion of upper support arm 102 with respect to lower support arm 104 in a second rotational direction opposite the first rotational direction. In some embodiments, first and second

range of motion stops 112, 114 may comprise any suitably resilient material, e.g., plastic, which in some cases may be injection molded.

[0045] Hinge assembly 106 comprises an outer housing 116 configured to enclose at least some internal components of hinge assembly 106 as will be described in more detail below. Outer housing 116 comprises one or more fasteners 118 configured to secure outer housing 116 to hinge assembly 106. In some embodiments, fasteners 118 may be rivets, screws, or any other suitable fastening element(s). Outer housing 116 further comprises an aperture 120 within which a hinge lock 122 is configured to slide. Hinge lock 122 is configured to lock hinge assembly 106 in a desired orientation about axle 108 when the hinge lock 122 is positioned in a first orientation (e.g., a locked orientation). The hinge lock 122 is configured to allow hinge assembly 106 to move freely about axle 108 within the range of motion set by first and second range of motion stops 112, 114 when hinge lock 122 is positioned in a second orientation (e.g., an unlocked orientation). In some embodiments, hinge lock 122 may comprise a slider, a button, or any other suitable element configured to slide, toggle, or shift between the first orientation and the second orientation within aperture 120. In some embodiments, the first orientation may be more proximal to axle 108, within aperture 120, compared to the second orientation.

[0046] In some embodiments, as shown in FIG. 2B, hinge cover 110 comprises window 124 configured to provide visual indication of a locked state of hinge assembly 106. For example, a portion of hinge lock 122 may be visible through window 124 when hinge lock 122 is in the first orientation, thereby indicating hinge assembly 106 is in a locked state. In such embodiments, the same portion of hinge lock 122, visible through window 124 when hinge lock 122 is in the first orientation, is not visible through window 124 when hinge lock 122 is in the second orientation, thereby indicating hinge assembly 106 is not in the locked state. In some embodiments, at least the portion of hinge lock 122, visible through window 124 when hinge lock 122 is in the first orientation, has an easily noticeable color, e.g., red or orange, or other pattern, thereby providing an easily noticeable indication to a user when hinge assembly 106 is in a locked state.

[0047] FIG. 3A illustrates a plan view of hinge assembly 106 of the brace of FIG. 1 in an unlocked configuration, in accordance with some embodiments, while FIG. 3B illustrates a perspective view of hinge assembly 106 of FIG. 3A in the unlocked configuration. FIG. 4A illustrates a plan view of hinge assembly 106 of the brace of FIG. 1 in a locked configuration, in accordance with some embodiments, while FIG. 4B illustrates a perspective view of hinge assembly 106 of FIG. 4A in the locked configuration. FIGS. 3A-4B illustrate hinge assembly 106 with hinge cover 110 and outer housing 116 removed for easy viewing of components located thereunder.

[0048] Hinge assembly 106 comprises an upper hinge plate 126 coupled to upper support arm 102 utilizing any suitable coupling element(s), for example rivets, screws or welds. At least a portion of upper hinge plate 126 has a substantially circular perimeter centered about axle 108. At least a portion of the substantially circular perimeter comprises a plurality of teeth 128. In some embodiments, upper hinge plate 126 and upper support arm 102 may be formed as a single, integral component.

[0049] Hinge assembly 106 comprises a lower hinge plate 130 coupled to lower support arm 104 utilizing any suitable coupling element(s), for example rivets, screws or welds. At least a portion of lower hinge plate 130 has a substantially circular perimeter centered about axle 108. At least a portion of the substantially circular perimeter comprises a plurality of teeth 132. In some embodiments, lower hinge plate 130 and lower support arm 104 may be formed as a single, integral component. Upper and lower hinge plates 126, 130 may comprise any suitably rigid material, e.g., metal, plastic, fiberglass composite, etc.

[0050] In the embodiment of FIGS. 3A and 3B, the hinge lock 122 comprises a body in the form of an open frame with a top panel, a partially open bottom panel, and legs extending therebetween, which may be made of a plastic material. The partially open bottom panel is defined by feet 150 extending between pairs of legs. A first protrusion 136a and a second protrusion 136b are formed by two pins, which may be made of metal. The pins are press fit through aligned openings provided in the top panel and the bottom panel of the hinge lock frame. The centers of the pins are exposed between the top panel and the bottom panel of the hinge lock frame so they can engage teeth 132. In some advantageous embodiments, the location of the hinge lock in the housing is such that allows teeth 132 to be centrally located on the lower hinge plate 130 so the same stamping tool can be used to form both the left and right lower bars.

[0051] When locking mechanism 122 is in the second, unlocked orientation as shown in FIGS. 3A and 3B, first and second protrusions 136a, 136b are not in contact with the plurality of teeth 132 of lower hinge plate 130 and upper support arm 102 and lower support arm 104 are free to rotate with respect to one another about axle 108, within a range of motion set by the positions of first and second range of motion stops 112, 114.

[0052] However, when locking mechanism 122 is in the first, locked orientation as shown in FIGS. 4A and 4B, first and second protrusions 136a, 136b are configured to physically contact opposite sides of one of the plurality of teeth 132 of lower hinge plate 130, thereby prohibiting rotation of hinge assembly 106 and locking upper support arm 102 with respect to lower support arm 104 in a desired orientation. An orientation of the plurality of teeth 132 of lower hinge plate 130 with respect to hinge lock 122, insert 134 and first and second protrusions 136a, 136b may be such that the same designs for lower hinge plate 130, hinge lock 122, insert 134 and first and second protrusions 136a, 136b may be utilized on any of a lateral or medial side of a joint located on either a left or right side of the user's body. For example, the plurality of teeth 132 may extend radially outward from a point coincident with a center of axle 108 and the first and second orientations of hinge lock 122 may both lie along a straight line extending away from the same point coincident with a center of axle 108. Accordingly, a single design for components of hinge assembly 106 may be utilized on each of the medial and lateral sides of a brace for either a left or a right joint, thereby reducing part count, as well as design and manufacturing costs.

[0053] First and second range of motion stops 112, 114 may have substantially similar structure and functionality and will, therefore, now be described together in connection with FIGS. 3A-4B. First range of motion stop 112 is disposed between hinge cover 110 and lower hinge plate

130, while second range of motion stop 114 is disposed between lower hinge plate 130 and upper hinge plate 126.

[0054] First range of motion stop 112 comprises a first protrusion 144a and a second protrusion 144b configured to physically contact opposite sides of one of the plurality of teeth 128 of upper hinge plate 126 when first range of motion stop 112 is in a locked position, thereby immobilizing first range of motion stop 112 at a first desired position along the perimeter of upper hinge plate 130. In some embodiments, hinge cover 110 (see FIGS. 2A, 2B) may comprise a plurality of teeth similar to the plurality of teeth 128 of upper hinge plate 126 such that first and second protrusions 144a, 144b also physically contact opposite sides of one of the plurality of teeth of hinge cover 110 when first range of motion stop 112 is in the locked position. Although FIG. 3A does not show the side of first range of motion stop 112 that contacts upper hinge plate 126, first and second protrusions 144a, 144b extend sufficiently toward upper hinge plate 126 to physically contact the plurality of teeth 128 as described above.

[0055] First range of motion stop 112 is configured to be pulled in a radial direction with respect to axle 108, such that first and second protrusions 144a, 144b clear the plurality of teeth 128, and then rotated to the first desired position. First range of motion stop 112 comprises a plurality of retention arms 140 configured to contact axle 108 such that, when first range of motion stop 112 is pulled in the radial direction, axle 108 deflects the plurality of retention arms 140 in an outward direction, thereby providing a restoring force that returns first range of motion stop 112 to the locked position when released. In some embodiments, first range of motion stop 112 may also comprise a backstop element 142 configured to contact axle 108 when first range of motion stop 112 is pulled sufficiently far in the radial direction, thereby preventing hyperextension of first range of motion stop 112 or of the plurality of retention arms 140. When in the locked position, first range of motion stop 112 limits the range of motion of upper support arm 102 with respect to lower support arm 104 in a first rotational direction by coming into contact with a first portion 146 of lower hinge plate 130.

[0056] First range of motion stop 112, including the plurality of retention arms 140 and backstop element 142, may be integrally molded as a single part, for example, by injection molding. Integrally molding first range of motion stop 112 as a single part eliminates part count and reduces both manufacturing and assembly costs due to labor and/or non-conformity issues that can occur when assembling separate parts. In addition, first range of motion stop 112 may be designed for injection molding such that its molding doesn't require any side action in the tooling. For example, all sides of first range of motion stop 112 may be substantially perpendicular to a plane of first range of motion stop 112, or may slope to one side or the other of perpendicular (but not both at any given point along the sides), so that side molds are not required to allow clearance of stop 112 from its injection mold. This not only reduces tool cost and complexity, it also lowers part cost through faster manufacture cycle time compared to other designs in which side action in the tooling is required to remove a part from its injection mold.

[0057] Second range of motion stop 114 comprises a first protrusion 148a and a second protrusion 148b configured to physically contact opposite sides of one of the plurality of teeth 128 of upper hinge plate 126 when second range of

motion stop **114** is in a locked position, thereby immobilizing second range of motion stop **114** at a second desired position along the perimeter of upper hinge plate **126**. Where hinge cover **110** (see FIGS. 2A, 2B) comprises a plurality of teeth similar to the plurality of teeth **128** of upper hinge plate **126**, first and second protrusions **148a**, **148b** also physically contact opposite sides of one of the plurality of teeth of hinge cover **110** when second range of motion stop **114** is in the locked position. Although FIG. 3A does not show the side of second range of motion stop **114** that contacts upper hinge plate **126**, first and second protrusions **148a**, **148b** extend sufficiently toward upper hinge plate **126** to physically contact the plurality of teeth **128** as described above.

[0058] Second range of motion stop **114** is configured to be pulled in a radial direction with respect to axle **108**, such that first and second protrusions **148a**, **148b** clear the plurality of teeth **128**, and then rotated to the second desired position. Second range of motion stop **114** comprises a plurality of retention arms (not shown but substantially the same as arms **140**) configured to contact axle **108** such that, when second range of motion stop **114** is pulled in the radial direction, axle **108** deflects the plurality of retention arms in an outward direction, thereby providing a restoring force that returns second range of motion stop **114** to the locked position when released. In some embodiments, second range of motion stop **114** may also comprise a backstop element (not shown but substantially the same as backstop element **142**) configured to contact axle **108** when second range of motion stop **114** is pulled sufficiently far in the radial direction, thereby preventing hyperextension of second range of motion stop **114** or of the plurality of retention arms **140**. When in the locked position, second range of motion stop **114** limits the range of motion of upper support arm **102** with respect to lower support arm **104** in a second rotational direction opposite of the first rotational direction by coming into contact with a second portion (not shown but similar to portion **146**) of lower hinge plate **130**.

[0059] Second range of motion stop **114**, including its plurality of retention arms and backstop element may also be integrally molded as a single part, for example, by injection molding and such that its molding doesn't require any side action in the tooling as previously described for first range of motion stop **112**.

[0060] FIG. 5A illustrates a plan view of several additional features of hinge assembly **106** of brace **100** of FIG. 1 in an unlocked configuration and with outer housing **116** removed, in accordance with some embodiments, while FIG. 5B illustrates a plan view of hinge assembly **106** of FIG. 5A in a locked configuration and with outer housing **116** shown. FIGS. 5A-6 illustrate a different embodiment of the protrusions **136a** and **136b**. In this embodiment, the two protrusions are formed part of a single insert **134**, rather than as two separate pins. In some embodiments, insert **134** comprises metal, plastic, or any other suitably rigid and inflexible material. In some other embodiments, insert **134** and first and second protrusions **136a**, **136b** may be formed as an integral portion of the hinge lock body itself, rather than being a separate insert.

[0061] As shown in FIG. 5A, hinge lock **122** may comprise one or more feet **150** having a plurality of recesses **152** configured to receive a protrusion **154** of upper hinge plate **126** in at least one of the locked and unlocked positions. For example, in the unlocked position shown in FIG. 5A, protrusion **154** may be disposed in a first recess of the

plurality of recesses **152**, which may substantially retain hinge lock **122** in the unlocked position. However, in the locked position, hinge lock **122** moves in the direction of axle **108** such that protrusion **154** is disposed in a second recess of the plurality of recesses **152**, which may substantially retain hinge lock **122** in the locked position. In some embodiments, hinge lock **122** may further include, on an opposite side, another foot having a plurality of recesses configured to receive another protrusion of upper hinge plate **126**, similar to that described above, may also be provided. The feet may be flexible plastic, and the open bottom of the frame allows the feet to deform inward when the hinge lock is switched between locked and unlocked positions and the protrusions **154** transition between the recesses on the feet. In addition to retaining the hinge lock in the locked or unlocked state, use of such interlocking protrusions and recesses in connection with hinge lock **122** may also provide a tactile feedback to a user that hinge lock **122** has shifted from the locked position to the unlocked position, or vice versa, even without the user having a clear view of hinge lock **122**. Furthermore, this provides a simple structure, where the protrusions and recesses may be integrally formed parts of the plate and hinge lock body, rather than requiring an extra part or parts to provide this function.

[0062] FIG. 7 illustrates a cutaway view of hinge assembly **106** of brace **100** of FIG. 1, according to some embodiments. As shown in FIG. 7, upper hinge plate **126** may further comprise at least a first spacing element **158a** and hinge cover **110** may further comprise at least a second spacing element **158b**. First and second spacing elements **158a**, **158b** may comprise bosses and/or may be configured to physically contact or nest within or against one another and/or against hinge cover **110** and upper hinge plate **126**, respectively, when hinge cover **110** is installed on upper hinge plate **126**, thereby setting a predetermined distance between hinge cover **110** and upper hinge plate **126**. Utilizing spacing elements **158a**, **158b** allows the setting of proper spacing between hinge cover **110** and upper hinge plate **126** and thereby prevents excessive looseness or tightness of hinge assembly **106**, as may otherwise occur with the use of rivets for this purpose and which could otherwise make such a brace less supportive due to such increased nominal looseness of hinge assembly **106**.

[0063] FIG. 8A illustrates a perspective view of a portion of brace **100** of FIG. 1, according to some embodiments, while FIG. 8B illustrates a perspective view of a lower portion of brace **100** in a maximally extended position, according to some embodiments. FIG. 8A illustrates lateral portion **160** of brace **100**, configured to be secured against a lateral side of a user's appendage and joint, and medial portion **170** of brace **100**, configured to be secured against a medial side of the user's appendage and joint. Each of lateral and medial portions **160**, **170** comprise a respective upper support arm **102**, lower support arm **104**, and hinge assembly **106** as described in this disclosure.

[0064] Each of lateral and medial portions **160**, **170** further comprises upper slider **162**, configured to slidably couple to upper support arm **102** at any of a plurality of incremental degrees of extension, and lower slider **164**, configured to slidably couple to lower support arm **104** at any of a plurality of incremental degrees of extension. Each of upper and lower sliders **162**, **164** may be formed of any suitably rigid material, for example, plastic, which may, in some cases, be injection molded.

[0065] Upper slider 166 comprises a slider lock 167 and upper support arm 102 comprises a plurality of indexing apertures 166 configured to receive slider lock 167. Likewise, lower slider 164 comprises a slider lock 169 and lower support arm 104 comprises a plurality of indexing apertures 168 configured to receive slider lock 169. In some embodiments, slider locks 167, 169 may be integrally formed and/or molded with respective upper and lower sliders 166, 168. In some embodiments, slider locks 167, 169 may be shaped to fit and/or snap within any of the respective indexing apertures 166, 168, thereby locking upper and lower sliders 162, 164 at desired degrees of extension with respect to upper and lower support arms 102, 104. Although the general shape of slider locks 167, 169 and indexing apertures 166, 168 are illustrated as substantially circular, any other suitable shape is also contemplated. Slider locks 167, 169 are configured to deflect sufficiently to clear respective indexing apertures 166, 168 when sufficient force is applied to slider locks 167, 169 such as by pushing downward, thereby allowing sliders 162, 164 to translate freely with respect to upper and lower support arms 102, 104 during adjustment between apertures. One way of doing this is illustrated in FIG. 8B, where the slider lock 169 is molded onto a three-sided cutout 179 forming a flap in the bottom panel of the lower slider 164. Pressing down on the slider lock pushes the flap down to free the lock from the aperture and allowing the support arm to be adjusted in extension. FIGS. 8E and 8F illustrate the lower and upper sliders respectively in a fully compressed position.

[0066] In another implementation, rather than being riveted onto the support arms, the cuffs 171 and 173 that are next to the hinge 106 are slidably engaged with the support arms so that the distance between each cuff 171, 173 and the hinge 106 can also be adjusted. One example design of with this capability for the cuff 173 is illustrated in FIGS. 9A to 9C. Referring to FIGS. 9A and 9B, in this implementation, the cuff 173 also has a slider lock 192 attached to a three-sided cutout forming a flap (similar to the slider lock 169 illustrated in FIG. 8B). The cuff 173 also has a support arm retainer 194 molded with the body of the cuff 173. To assemble, the cuff 173 slides over the support arm 104 and up near the hinge 106. The retainer 194 passes through the slot opening 196 at the lower end of the arm 104, and then traps the cuff on the arm 104. It prevents the cuff 173 from rotating down, away from the arm 104. It also prevents rotation about the axis of the leg because it engages the slot down the center of the adjusting locations on the arm. FIG. 9C shows the cuff 173 near the hinge 106 with the lower slider 164 installed on the arm 104 below the cuff 173.

[0067] As shown in FIGS. 9D and 9E, the upper hinge adjacent cuff 171 works the same way, but the slider lock 198 on the cuff 171 has a coil compression spring underneath, rather than being attached to a bendable flap. FIG. 9F shows the cuff 171 near the hinge 106 with the upper slider 162 installed on the arm 102 above the cuff 171.

[0068] Each of upper and lower support arms 102, 104 may further comprise indexing numerals disposed adjacent to indexing apertures 166, 168, which may facilitate easy verification that the medial and lateral sides of brace 100 are set to the same degree of extension. Moreover, because indexing apertures 166, 168 provide for discrete, rather than continuous, increments of extension, the medial and lateral sides of brace 100 may be set to the same degree of extension with greater accuracy compared to continuous

adjustment designs. In addition, the indexing numerals are oriented such that they are displayed right side up when brace 100 is disposed in the proper orientation on the appendage of the user.

[0069] In addition, respective lengths and adjustments of upper and lower sliders 162, 164 and upper and lower support arms 102, 104 are such that a broader range of persons (e.g., taller and/or shorter persons) may be accommodated by brace 100 compared to other braces. For example, upper support arm 102 may comprise a first number of indexing apertures 166 (e.g., 3), while lower support arm 104 may comprise a second number of indexing apertures 168 (e.g., 10).

[0070] In some embodiments, each lower slider 164 further comprises a pair of tabs 165 integrally formed and/or molded with lower slider 164 and configured to contact lower support arm 104 at least when lower slider 164 is at its greatest degree of extension with respect to lower support arm 104, thereby greatly reducing an amount of looseness between lower support arm 104 and lower slider 164 at this greatest degree of extension. Since tabs 165 are integrally formed and/or molded with lower slider 164, tabs 165 provide a passive tightening feature that does not require additional parts, thereby decreasing cost and complication associated with manufacturing and/or assembly of brace 100.

[0071] In addition, each of upper and lower sliders 162, 164 may be designed for injection molding such that their molding doesn't require any side action in the tooling. For example, all side edges of upper and lower sliders 162, 164 may be substantially perpendicular to a plane of upper and lower sliders 162, 164, or may slope to one side or the other of perpendicular (but not both at any given point on the sides), so that side molds are not required to allow clearance of lower sliders 162, 164 from their injection molds. In further example, where a portion of upper and lower sliders 162, 164 contact or extend over a respective portion of one side of upper and lower support arms 102, 104, upper and lower sliders 162, 164 do not contact or extend over that same portion on the opposite side of upper and lower support arms 102, 104. Such a deliberate design not only reduces tool cost and complexity, it also lowers part cost through faster manufacture cycle time compared to other designs in which side action in the tooling is required to remove a part from its injection mold.

[0072] Brace 100 may further comprise a removable malleoli attachment 175 configured to removably snap into a distal end of lower slider 164. Removable malleoli attachment 175 is configured to abut a distal portion of the user's appendage (e.g., an ankle) when brace 100 is worn, thereby preventing or substantially reducing migration of brace 100. A user may selectively attach or remove removable malleoli attachment 175 from either or both lower sliders 164, thereby enjoying the increased flexibility compared to braces that either do not include malleoli attachments or that provide permanent malleoli features.

[0073] Each of lateral and medial portions 160, 170 of brace 100 may further comprise a first cuff 171, a second cuff 172, a third cuff 173 and a fourth cuff 174, each configured to receive a respective strap for securing brace 100 to the appendage of the user at various locations above and below the joint of the user. First and third cuffs 171, 173 may be disposed proximal to and respectively above and below hinge assembly 106 and the joint of the user, while

second and fourth cuffs **172**, **174** may be disposed distal to and respectively above and below hinge assembly **106** and the joint of the user. First cuff **171** may be coupled to upper support arm **102**, while second cuff **172** may be coupled to or, alternatively, integrally formed and/or molded with upper slider **162**. Likewise, third cuff **173** may be coupled to lower support arm **104**, while fourth cuff **174** may be coupled to or, alternatively, integrally formed and/or molded with lower slider **164**. First, second, third and fourth cuffs **171-174** may be formed of any suitably rigid material, e.g., metal, plastic, fiberglass composite, etc.

[0074] FIG. **8C** illustrates a magnified perspective view of a portion of third cuff **173** coupled to lower support arm **104**, according to some embodiments, while FIG. **8D** illustrates a perspective view of third cuff **173** separate and apart from lower support arm **104** for ease of viewing. Third cuff **173** comprises a first fixing element **177** disposed on one side of third cuff **172** and configured to receive a buckle for securing a strap of brace **100**. In some embodiments, first fixing element **177** comprises a hook. Third cuff **173** comprises a second fixing element **178** disposed on an opposite side of third cuff **172** and configured to receive a strap retaining element, for example a cam and/or flap comprising a hook-and-loop, snap, or any other suitable fastening material on its underside configured to attach to and immobilize the strap. In some embodiments, such a cam and/or flap has an increased resistance to rotation when raised to prevent it from prematurely contacting the strap and thereby undesirably impeding strap adjustment, and a reduced resistance to rotation when partially lowered to facilitate contact between the cam and/or flap and the strap. In some embodiments, second fixing element **178** comprises a bar or shaft. Third cuff **173** further comprises a round boss or protrusion **176** configured to extend through a mating aperture in lower support arm **104**, thereby aligning third cuff **173** for attachment with rivets **195** to lower support arm **104** without a need for an added fixture for such alignment during manufacture.

[0075] First cuff **171** may have substantially similar form and construction to third cuff **173**, however, protrusion **176** being configured to extend through a mating aperture in upper support arm **102** rather than lower support arm **104**. Second and fourth cuffs **172**, **174** may have substantially similar form and construction to third cuff **173** with respect to at least first and second fixing elements **177**, **178**.

[0076] FIG. **10** illustrates a perspective view of a buckle **180** for use with brace **100**, according to some embodiments. As will be described in more detail below, several aspects of buckle **180** provide improved resistance to unintended strap loosening and allow better conformance to at least a portion of an appendage of the user, thereby preventing or substantially reducing brace migration when brace **100** is worn by the user. Buckle **180** may be formed of any suitably rigid material, e.g., metal, plastic, fiberglass composite, etc.

[0077] Buckle **180** comprises a first portion **181** and a second portion **182** separated from one another by a space and coupled to one another at their outer edges via first and second bridging elements **183a**, **183b**. In some embodiments, an upper surface of first and second portions **181**, **182** may be substantially planar. In other embodiments, the upper surface of one or both of first and second portions **181**, **182** may have a slight convex curvature (when viewed from

the outside) in at least one dimension. In this way, a strap may pass over the upper surfaces of first and second portions **181**, **182**.

[0078] In some embodiments, first and second bridging elements **183a**, **183b** may have a substantially elliptical or football-shaped cross-section, perpendicular to the upper surfaces of first and second portions **181**, **182**, such that first and second bridging elements **183a**, **183b** bow outward toward their middles with respect to their direction of extension. In this way, first and second bridging elements **183a**, **183b** may limit lateral strap movement within buckle **180**.

[0079] Buckle **180** further comprises a shaft **184** extending between first and second bridging elements **183a**, **183b** in the space between facing edges of first and second portions **181**, **182**. Shaft **184** may be substantially cylindrical, having a longitudinal axis extending substantially parallel to an upper surface of at least one of first portion **181** and second portion **182**, and substantially perpendicular to facing surfaces of first and second bridging elements **183a**, **183b**. Shaft **184** may be disposed such that its longitudinal axis lies substantially in, or slightly below, a plane of the upper surface of at least one of first portion **181** and second portion **182**. At least a portion of shaft **184** is configured to contact a strap passing through buckle **180**.

[0080] First portion **181** may further have a beveled edge **187** facing second portion **182** configured to direct the strap as it passes through buckle **180**. First portion **181** may further comprise one or more ridges **188** on its upper surface configured to provide increased resistance to strap movement when brace **100** is worn.

[0081] Second portion **182** comprises an aperture **185** configured to receive a hook of any of first, second, third or fourth cuffs **171-174**. Second portion **182** further comprises a recessed portion **186** having a reduced thickness adjacent to aperture **185**. Recessed portion **186** is configured to abut at least a portion of the hook of any of first, second, third or fourth cuffs **171-174**, thereby restraining lateral movement of buckle **180** when coupled to any of cuffs **171-174**. A segment of second portion **182**, having width “W,” separating an inner edge of second portion **182** and an adjacent edge of aperture **185** is designed to be as narrow as practical, thereby reducing a total length of buckle **180**. Such a reduced total length of buckle **180** allows buckle **180** to more closely conform to a narrow portion of the appendage of the user (e.g., the ankle) compared to buckles having longer total lengths, which further prevents or substantially reduces brace migration when brace **100** is worn by facilitating a closer fit with the appendage. In some embodiments, while inner, facing edges of first and second portions **181**, **182** may be substantially parallel to each other, opposing, outer edges of first and second portions **181**, **182** may be substantially curved.

[0082] FIG. **11** illustrates a flowchart **1100** of a method of restricting a range of motion of a joint of a subject utilizing a brace configured for attachment to the joint, in accordance with some embodiments. Flowchart **1100** may apply to the utilization of any brace described in this disclosure. While certain blocks are described, flowchart **1100** may include more, fewer or different blocks, steps and/or actions from those described, and/or in the same or a different order than described.

[0083] Block **1102** includes securing an upper support arm of the brace against an upper portion of an appendage of the

subject. For example, as previously described, upper support arm **102** may be secured to an upper portion of an appendage (e.g., a thigh) of a user via one or more straps, in some cases, utilizing first cuff **171**.

[0084] Block **1104** includes securing a lower support arm of the brace against a lower portion of the appendage. For example, as previously described, lower support arm **104** may be secured to a lower portion of an appendage (e.g., a lower leg) of a user via one or more straps, in some cases, utilizing third cuff **173**.

[0085] Block **1106** includes restricting a range of motion of the upper support arm with respect to the lower support arm utilizing a hinge assembly of the brace. For example, as previously described, hinge assembly **106** comprises upper hinge plate **126** coupled to upper support arm **102**, lower hinge plate **130** coupled to lower support arm **104**, and axle **108** rotatably coupling upper hinge plate **126** and lower hinge plate **130**. Upper hinge plate **126** comprises a first plurality of teeth **128** disposed along at least a portion of a perimeter of upper hinge plate **126**, while lower hinge plate **130** comprises a second plurality of teeth **132** disposed along at least a portion of a perimeter of lower hinge plate **130**. Hinge assembly **106** further comprises a locking element **122** disposed on upper hinge plate **126**, locking element **122** comprising first protrusion **136a** and second protrusion **136b** configured to physically contact opposite sides of one of second plurality of teeth **132** in a first orientation, thereby prohibiting rotation of upper support arm **102** with respect to lower support arm **104**.

[0086] FIG. **12** illustrates a flowchart **1200** of a method of manufacturing a brace configured to restrict a range of motion of a joint of a subject, in accordance with some embodiments. Flowchart **1200** may apply to the manufacture of any brace described in this disclosure. While certain blocks are described, flowchart **1200** may include more, fewer or different blocks, steps and/or actions from those described, and/or in the same or a different order than described.

[0087] Block **1202** includes providing an upper support arm. For example, providing upper support arm **102** may comprise receiving and making available, forming, molding or stamping upper support arm **102**, which may be formed of any suitably rigid material, e.g., metal, plastic, fiberglass composite, etc.

[0088] Block **1204** includes providing a lower support arm. For example, providing lower support arm **104** may comprise receiving and making available, forming, molding or stamping lower support arm **104**, which may be formed of any suitably rigid material, e.g., metal, plastic, fiberglass composite, etc.

[0089] Block **1206** includes assembling a hinge assembly. For example, assembling hinge assembly **106** may include coupling upper hinge plate **126** to upper support arm **102** utilizing any suitable coupling element(s), for example rivets, screws or welds. Upper hinge plate **126** includes a first plurality of teeth **128** disposed along at least a portion of a perimeter of upper hinge plate **126**. Assembling hinge assembly **106** may further include coupling lower hinge plate **130** to lower support arm **104** utilizing any suitable coupling element(s), for example rivets, screws or welds. Lower hinge plate **130** includes a second plurality of teeth **132** disposed along at least a portion of a perimeter of upper hinge plate **130**. Assembling hinge assembly **106** may further include rotatably coupling upper hinge plate **126** and

lower hinge plate **130** via axle **108**. Assembling hinge assembly **106** may further include disposing locking element **122** on upper hinge plate **126**. Locking element **122** includes first protrusion **136a** and second protrusion **136b** configured to physically contact opposite sides of one of the second plurality of teeth **132** in a first orientation, thereby prohibiting rotation of upper support arm **102** with respect to lower support arm **104**.

[0090] Although the present disclosure has been described in terms of certain preferred features, other features of the disclosure including variations in dimensions, configuration and materials will be apparent to those of skill in the art in view of the disclosure herein. In addition, all features detailed in connection with any one aspect herein can be readily adapted for use in other aspects herein. The use of different terms or reference numerals for similar features in different embodiments does not imply differences other than those which may be expressly set forth. Accordingly, the present disclosure is intended to be described solely by reference to the appended claims, and not limited to the preferred embodiments disclosed herein.

1. A brace configured to restrict a range of motion of a joint of a subject, the brace comprising:

an upper support arm;

a lower support arm; and

a hinge assembly comprising:

an upper hinge plate coupled to the upper support arm and comprising a first plurality of teeth disposed along at least a portion of a perimeter of the upper hinge plate;

a lower hinge plate coupled to the lower support arm and comprising a second plurality of teeth disposed along at least a portion of a perimeter of the lower hinge plate;

an axle rotatably coupling the upper hinge plate and the lower hinge plate; and

a locking element disposed on the upper hinge plate, the locking element comprising a first protrusion and a second protrusion configured to physically contact opposite sides of one of the second plurality of teeth in a first orientation, thereby prohibiting rotation of the upper support arm with respect to the lower support arm.

2. The brace of claim 1, wherein the first protrusion and the second protrusion of the locking element are integrally formed as a single piece with the locking element.

3. The brace of claim 1, wherein the first protrusion and the second protrusion of the locking element are integral portions of an insert of the locking element.

4. The brace of claim 1, wherein the locking element is configured to shift from the first orientation to a second orientation in which the first protrusion and the second protrusion do not physically contact the second plurality of teeth, thereby allowing rotation of the upper support arm with respect to the lower support arm, the shift from the first orientation to the second orientation traversing a straight line extending from a center of the axle.

5. The brace of claim 1, wherein the hinge assembly further comprises at least a first range of motion stop configured to limit a range of motion of the upper support arm with respect to the lower support arm in a first rotational direction about the axle.

6. The brace of claim 5, wherein the first range of motion stop comprises a first protrusion and a second protrusion

configured to physically contact opposite sides of one of the first plurality of teeth of the upper hinge plate when the first range of motion stop is in a locked position, thereby immobilizing the first range of motion stop at a first desired position along the perimeter of the upper hinge plate.

7. The brace of claim 5, wherein the first range of motion stop comprises a plurality of retention arms configured to hold the first range of motion stop in a locked position.

8. The brace of claim 7, wherein the first range of motion stop, including the plurality of retention arms, is a single integral part.

9. The brace of claim 7, wherein the plurality of retention arms contact the axle such that pulling the at least a first range of motion stop in a radial direction with respect to the axle causes the axle to deflect the plurality of retention arms in an outward direction, thereby providing a restoring force that returns the first range of motion stop to the locked position.

10. The brace of claim 1, the hinge assembly comprising: a hinge cover comprising a window configured to display at least a portion of the locking element when the locking element is configured to prohibit rotation of the upper support arm, wherein the portion of the locking element has a red or orange color.

11. (canceled)

12. (canceled)

13. (canceled)

14. (canceled)

15. The brace of claim 5, wherein the at least a first range of motion stop comprises a backstop element configured to prevent hyperextension of the first range of motion stop in a radial direction with respect to the axle.

16. The brace of claim 10, wherein the upper hinge plate further comprises a first spacing element configured to contact the hinge cover and the hinge cover further comprises a second spacing element configured to physically contact the upper hinge plate, thereby providing a predetermined spacing between the upper hinge plate and the hinge cover.

17. The brace of claim 1, wherein:

the portion of the perimeter of the upper hinge plate is substantially circular about a center of the axle; and
the portion of the perimeter of the lower hinge plate is substantially circular about a center of the axle.

18. The brace of claim 1, further comprising:

an upper slider configured to slidably couple to the upper support arm at any of a first plurality of incremental amounts of extension; and

a lower slider configured to slidably couple to the lower support arm at any of a second plurality of incremental amounts of extension.

19. The brace of claim 18, wherein:

the upper slider and the lower slider each comprise a respective locking element; and

the upper support arm and the lower support arm each comprise a respective plurality of indexing apertures configured to receive the respective locking element, thereby locking the upper slider at a first incremental degree of extension with respect to the upper support arm and locking the lower slider at a second incremental degree of extension with respect to the lower support arm.

20. The brace of claim 19, wherein each of the upper support arm and the lower support arm comprises a plurality of indexing numerals disposed adjacent to the plurality of indexing apertures.

21. The brace of claim 20, wherein an orientation of the plurality of indexing numerals corresponds to a correct orientation of the brace for attachment to the joint of the subject.

22. The brace of claim 18, wherein the lower slider comprises at least one tab integrally formed with the lower slider and configured to contact the lower support arm at least when the lower slider is disposed at a greatest amount of extension with respect to the lower support arm.

23. The brace of claim 18, further comprising a malleoli attachment configured to removably snap into a distal end of the lower slider, the malleoli attachment configured to abut a distal portion of an appendage of the subject when the brace is attached to the joint of the subject.

24-39. (canceled)

40. A method of manufacturing a brace configured to restrict a range of motion of a joint of a subject, the method comprising:

providing an upper support arm;

providing a lower support arm; and

assembling a hinge assembly by:

coupling an upper hinge plate to the upper support arm, the upper hinge plate comprising a first plurality of teeth disposed along at least a portion of a perimeter of the upper hinge plate,

coupling a lower hinge plate to the lower support arm, the lower hinge plate comprising a second plurality of teeth disposed along at least a portion of a perimeter of the lower hinge plate,

rotatably coupling the upper hinge plate and the lower hinge plate via an axle, and

disposing a locking element on the upper hinge plate, the locking element comprising a first protrusion and a second protrusion configured to physically contact opposite sides of one of the second plurality of teeth in a first orientation, thereby prohibiting rotation of the upper support arm with respect to the lower support arm.

* * * * *