

Device Guide

Knee Brace

PURPOSE

There are several different levels of knee braces from a wrap around knee brace, which provides compression to the knee joint to custom knee braces, which are designed to limit or control the motion of the knee joint in one or more planes. Overall, these braces are designed to increase stability and decrease pain.

DONNING INSTRUCTIONS

1. You should be in a seated position with your knee slightly flexed.
2. Unfasten and loosen the straps at the thigh and calf.
3. Position the brace so that the hinges are parallel to each other. The hinges should line up with your knee center. The brace should bend where your knee bends.
4. Tighten the straps as tight as you can tolerate. This will increase compression and decrease the amount of migration of the knee brace.
5. Some braces have a particular order in which the straps must be fastened. Consult your practitioner if you have questions.

BREAK-IN SCHEDULE

It is important to gradually increase the amount of time you wear the brace.

- Day 1:** 1 hour on and 1 hour off, all day
- Day 2:** 2 hours on and 1 hour off, all day
- Day 3:** 3 hours on and 1 hour off, all day
- Day 4:** 4 hours on and 1 hour off, all day
- Day 5:** 5 hours on and 1 hour off all day
- Day 6:** you can wear the knee brace all day as long as you are not having any issues

CLEANING INSTRUCTIONS

- Hand wash in cold-water using mild soap, rinse thoroughly. If the hinges are removable they should be removed before cleaning.
- Air dry.
- If not rinsed thoroughly, residual soap may cause irritation and deteriorate of the knee brace's material.

PRECAUTIONS

- Make sure you are safe when you begin wearing this device. If necessary use a walker or cane and have someone with you to make sure you are stable. The orthosis is holding your knee in a different position and your walking pattern may change.
- Check your skin for red marks. If you see red marks that are not going away after 10-15 minutes contact your practitioner. They could be indicative of a high-pressure area.
 - **Note: Do not let any red marks turn into a blister!**

MAINTENANCE

- If the brace begins to squeak or make noise consult your practitioner, immediately.
- If your brace isn't bending or operating as smoothly as it was when you received the brace, call your practitioner.

DON'T HESITATE TO CONTACT US

If you have a change in your condition or if you experience significant weight gain or loss, it is important to have your knee brace reassessed. Lawall takes great pride in our continuing care program. Seeing our patients for regular follow-up visits helps to avoid problems before they become major issues. Don't hesitate to call or make an appointment if you have any questions.

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