



Knee Orthosis (knee brace)

A knee orthosis is a brace worn on the knee.
The device is molded and/or modified to fit your hip and leg.
Always follow specific instructions given to you by your doctor and practitioner.



What does it do?

Depending on your condition the brace may be designed to:

- Support your knee.
- Provide relief for arthritis knee pain.
- Prevent ligament injuries.
- Aid in the recovery of ligament injuries.

Wearing & Break- in Instructions

If you have any questions or concerns, **contact your practitioner before wearing the brace.** Always follow the wearing schedule provided to you by your doctor and practitioner. Use the following schedule as a “break-in” schedule to allow your body and skin time to adjust to your new device. Always check your skin after wearing your brace **every time.** Any areas of pink should fade away after 10-15 minutes. If marks do not disappear after 10-15 minutes, or if you observe deep red marks, blisters, or bruises, contact your practitioner immediately. If you have any concerns **do not** wear the brace until you follow up with your practitioner.

Day 1 – Wear the brace for 1 hour.

Day 5 – Wear the brace for 5 hrs.

Day 9 – Wear the brace for 9 hrs.

Day 2 – Wear the brace for 2 hrs.

Day 6 – Wear the brace for 6 hrs.

** Continue to add 1 hour each

Day 3 – Wear the brace for 3 hrs.

Day 7 – Wear the brace for 7 hrs.

day until full wear is achieved. This usually takes at least 2 weeks.

Day 4 – Wear the brace for 4 hrs.

Day 8 – Wear the brace for 8 hrs.

Prior to wearing the brace, it is important to check the following things on the brace and your leg.

- Make sure the brace is **clean and dry.**
- Make sure there are no cracks, rough edges, or worn areas on the brace.
- Make sure the rivets and straps are secure on the brace.
- Make sure your skin is **clean and dry.**
- Examine your skin and look for abnormal redness, blisters or sores **at least one time a day.**

Precautions

- Always check your skin after wearing your brace **each and every time.** Any areas of pink should fade away after 10-15 minutes. If marks do not disappear after 10-15 minutes, or if you observe deep red marks, blisters, or bruises, contact your practitioner immediately.
- The brace needs to fit snugly in order to stay on and function properly.
- The brace may need to be repositioned throughout the day.
- The strap that sits directly below your knee is the most important for preventing the brace from sliding down.
- Keep the brace away from excessive heat.
- If you are going to participate in contact sports while wearing your brace, be sure to talk with your practitioner about a special covering for the brace. This will protect fellow athletes and protect your brace.
- Follow the manufacture’s cleaning directions, provided to you at the time of delivery.

** If you find any areas of concern or have questions, **contact your practitioner before wearing the brace.**

** **A knee brace does not guarantee against injury/re-injury.**