

Your Knee Orthosis

You have been fit with a Knee Orthosis commonly called a knee brace. Unless otherwise instructed, please use a gradual break in schedule to allow your body to get used to the device. Gradually increase wearing time each day as tolerated. Following use, remove your brace and inspect your skin. There may be some skin redness from pressure areas. Redness should not persist for more than 20 minutes after removal. Redness that does not disappear, especially over bony areas, can be a sign of excess pressure. Discontinue use if there is any sign of numbness, tingling, color change, excessive itching, swelling or pain develops. Please contact our office for adjustments and do not reapply orthosis. Failure to do so could lead to blisters or open sores.

The orthosis is designed to help support your knee. It is to be worn during waking hours or for specific activities- you may need to discuss this with your doctor. Many people find their knee brace slips. This is usually because it has been placed too low on the leg. Knee joints should line up about even with the top of your kneecap. Straps should be applied snug, not tight. Usually, knee orthoses are worn directly next to your skin. Because of this, frequent cleansing is very important. Unless given manufacturer's directions for cleaning, you may clean your brace with a washcloth and mild soapy water. Hand wash all straps and pads. Rinse well and air dry. Make certain all soap residue is removed and the orthosis is completely dry before wearing.

Make sure you are comfortable with how to properly put on and take off your orthosis. Never attempt to modify your brace, as this may void your warranty.

Please inspect your orthosis daily for any signs of wear including cracking, loose parts, or decreased effectiveness of the device and call our office as needed. A yearly check-up is recommended.

Adjustments or advice or answering of questions is free of charge.

An appointment is required to make any changes or adjustments to your orthosis.

If you have any questions or concerns, please contact us at (877) 315-6118.