



Knee Brace

Use and Care Instructions

The following instructions were designed to help you properly clean, care for, and use your new knee brace. Please read these instructions carefully and let your fitter know if you have any questions. Compliance with your health care providers' instructions is essential for the effective use of this device. Be sure to follow any special instructions given to you by your physician or fitter in addition to those provided here.

Wearing Instructions

Tips for Putting On Your Brace:

Apply the brace according to your fitter's and the brace manufacturer's instructions. When applying your brace, always sit near the edge of a stable, firm chair or bench. This allows the brace to be placed higher on the leg. Do not sit on a soft surface, such as a bed or sofa. Position the brace by holding the hinges. Never over-tighten the top straps on the thigh. This will push the brace down the leg, causing the brace to be in the wrong position. The lower calf straps secure the brace in place. Wear your brace directly against your skin, not over your pants. Wearing an undergarment sleeve under your brace is fine.

If your brace uses Allen keys to adjust the corrective pressure: Use the adjustment key to control the amount of corrective pressure the brace applies to your knee. To increase the amount of corrective pressure, insert the key in the Allen holes on the side of the brace, and then turn the key clockwise. Never turn the key more than two full revolutions at one time. Too much correction can do more harm than good. Ideally, you should start out with a small level of correction, and then gradually exert more force, as necessary, and as directed by your physician and fitter. Be sure to adjust the back portion of the brace whenever you adjust the front so that the pad stays parallel to your knee.

Wearing Schedule

Wear your brace for no more than two hours on the first day. This initial two hours is not mandatory. While wearing your brace for the first time, be aware of your pain level. If pain increases or new pain arises before the two hour mark, remove the brace and inspect your skin for signs of irritation. Any red spots or rashes should go away within 20 minutes. If they do not, discontinue use of the brace immediately and contact your fitter or our office for further instruction.

If there are no skin issues, your pain level has not increased, and there is no new pain, then you may increase the amount of time you wear the brace each day. Increase the wear time of your brace for an hour or two, until you reach the wearing time prescribed by your physician.



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Care of Your Knee Brace

To clean the liners, straps, and pads of your brace: Remove them from the brace. Hand wash them with cold water and mild detergent. Rinse them well with cold water. Let them air dry. Remember—clean, dry liners will reduce the likelihood of skin irritations. To clean the brace frame and hinges, wipe with a damp cloth. Oiling the hinges is not necessary. If the hinges become difficult to move or do not function normally, they may need to be repaired. This is a covered warranty issue if it occurs within the specified time frame. To order additional liners, strap pads, or straps, contact your fitter or our office.

Potential Risks & Precautions

Immediately discontinue use of your brace and call your fitter, or contact our office if:

- Your knee pain worsens, or you begin to experience pain in another part of your body;
- You can't get the brace to fit properly; or
- Red spots or other signs of irritation appear beneath the brace, which do not disappear after 20 minutes.

Never attempt to adjust, repair, or otherwise modify your brace. The components of this device have been carefully chosen, assembled, adjusted, and secured according to your physician's prescription and the manufacturer's specifications. In order to maintain the safety and effectiveness of your device, adjustments may only be made by a qualified medical professional.

Be sure to attend any follow-up appointments scheduled by your fitter. Call our office if any unexpected problems occur.

For medical emergencies, call 911 or your local hospital