



Patient Information
Knee Brace

Knee Brace Prescription

A knee brace is prescribed for several different reasons:

- To provide support to the knee
- To improve the alignment of the knee
- To reduce the pain in the knee when standing or walking
- To prevent further damage and allow healing of the knee following an injury
- To protect the knee and reduce the amount the knee can bend while it is healing following surgery

Putting on the Knee Brace

Regardless of the design of knee brace you have been supplied with either a soft fabric design with or without hinges, or a brace with a rigid frame, the manner in which it is fitted is similar for all designs.

The brace should be worn against the skin and not over clothing, as this will cause the brace to slip and move.

The brace will either open at the front or the back, and then fasten with hook and loop straps. Generally, when looking at the brace the top is wider than the bottom.

The easiest way to put the knee brace on is sat down with your foot flat on the floor, and your knee bent to 90 degrees (right angle). Bend the knee brace and then place it onto your leg so that the knee joint on the brace is over your knee. The bottom strap should be fastened first, followed by the middle strap and then any other straps. Once all the straps have been fastened, you should stand up and check that the straps are still tight enough.

The straps should be fastened tight enough so that the brace does not slide down the leg when you stand up, but not that tight that it is painful. Once the straps have been fastened you should be able to get your finger underneath the strap without it hurting your finger.

If you have been provided with a pull-on brace that does not open this should be pulled over the foot and then pulled up the leg with the leg straight. The brace should be pulled up until the hole in the front of the brace for the knee cap is over the knee cap.

Wearing the Knee Brace

It is not unusual that when wearing the brace for the first few times you will find it uncomfortable. The amount of time the brace is worn should therefore be gradually increased to allow you to get used to it. The brace should initially be worn for 30-60 minutes and the wearing time can then be increased by 30-60 minutes each day (unless otherwise advised by your orthotist).

It is common for the brace to leave red marks or slight indentations in the skin where the brace has been touching or beneath the straps. These should disappear 30 minutes after the brace has been removed.

If you find that the red marks are still present a long time after the brace has been removed or the brace is causing sores or blistering, stop wearing the brace and contact the orthotics department immediately. We recommend that you check your skin when you remove the brace.

Cleaning the Knee Brace

- If your knee brace is a soft fabric brace then it is machine washable. Check the washing instructions on the label, or wash the brace by hand in warm soapy water at 30°C. Do not tumble dry or dry over direct heat, as this will damage the material. The brace should then be air dried only. If the knee brace has hinges in it these should be removed before washing.
- If the knee brace is a rigid frame design then it should be wiped with a damp cloth or antibacterial wipe. **DO NOT** immerse the brace in water or use harsh clinical products as this could damage the brace.

Maintaining the Brace and Replacements

- If the brace has metal hinges you should check these regularly to ensure that they are not loose, if you have any concerns regarding this please contact the orthotics department.
- If you have a knee brace with a rigid frame then the linings and straps can be replaced when worn out. If you require replacement liners or straps, please contact the orthotic department and these can be ordered for collection by you from the department.
- **DO NOT** make any alterations or repairs to the brace yourself, as this will invalidate the warranty. Please instead contact the orthotics department.

Contact Details

Orthotics Department:	
Hospital:	
Address:	
Tel:	
Email:	
Your Orthotist is:	

If you require this information in another language, please contact us on the above details.

Note: The information provided is for guidance only, please follow the advice of your orthotist and/or the instructions provided with your knee brace. In the event of any discomfort or concern please contact your orthotist immediately.

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