

# Wear & Care Instructions

## Stabilised Knee Sleeve

Steeper manufactures a quality range of orthotic products and to help you care for the product, this leaflet provides information on how and when to use your prescribed orthosis, how to care for it and how to contact us if you have a problem or require a replacement.

### Care & Cleaning

Wash the brace by hand in warm soapy water at approx. 40°C. Do not tumble dry or dry over direct heat, as this will damage the elastic material. Air dry only.

### Applying the Orthosis

1. The widest opening should be at the top of your leg when you put it on.
2. Pull it up your leg until the curve is behind your knee and any strengtheners are on either side of your knee.
3. If the brace has a round hole this should be positioned so that the hole is over your kneecap.
4. If the brace has a pad this should be positioned as shown by the orthotist. You may use a small amount of talc to assist you and help the brace to slide up your leg.

#### IMPORTANT

The advice and information contained in this document is not intended as a substitute for medical counselling. If you have any questions about treatment for a specific condition, please check with a health care professional.



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