

Wear & Care Instructions

Standard Knee Brace



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

Check the washing instructions on the label, or wash the brace by hand in warm soapy water at 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 it has a round hole this should be positioned so that the hole is over your kneecap.
4. If it has a pad this should be positioned as shown by the orthotist. To assist you, a small amount of talc may help the brace to slide up your leg.

Steeper Group
Unit 3 Stourton Link
Intermezzo Drive
Leeds LS10 1DF
Tel: 0113 270 4841
Email: orthoticenquiries@steepergroup.com

www.steepergroup.com

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