

Wear & Care Instructions

Standard ROM 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

1. To clean the foam bands wash by hand in warm soapy water at approx. 40°C.
2. Remove the foam bands carefully from the metal sides. Take note of which way and where they should be replaced (as they vary in length). Do them one at a time to avoid confusion.
3. Fasten the velcro straps before washing.
4. Do not tumble dry or dry over direct heat, as this will damage the material. Air Dry Only

Applying the Orthosis

1. Open the brace out flat.
2. Position it behind your knee with the hinge joints at knee level and the widest part of the brace at the thigh.
3. Wrap the brace around your leg making sure the hinge joints are in line with your knee - this is where your knee bends.
4. Pull the bands around and press down to fasten comfortably.

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.



Unit 3 Stourton Link,
Intermezzo Drive,
Leeds LS10 1DF
Tel: +44 (0) 113 207 0435
Email: orthoticenquiries@steepergroup.com

www.steepergroup.com

 **steeper**
Creating life's turning points, together