



Knee Orthoses

You have been fit with a Knee Orthosis. Unless otherwise instructed, please use a gradual break in schedule to allow your body to get used to the device. Start with an hour today. Increase an hour per day as tolerated. Following use, remove your orthosis and inspect your skin. There may be some skin redness from pressure areas. Redness should not persist for more than 15 minutes after removal. Redness which persists for more than 15 minutes after removal can be a sign of excessive pressure. If this should happen, or if there are any signs of numbness, tingling, color change, excessive itching, swelling or pain please do not reapply the orthosis and contact our office for an adjustment. Failure to do so may lead to skin irritations and discomfort.

The orthosis is designed to help support your knee. It is to be worn during waking hours or for specific activities. You may need to discuss this with your doctor. Many people find their knee orthosis slips. This is usually because it has been placed too low on the leg. Knee joints should line up about even with the top of your knee cap. Straps should be applied snug, not tight and in the order recommended by the manufacture. Usually, knee orthoses are worn directly next to your skin. Because of this, frequent cleansing is very important. Your orthosis can be cleaned with a wash cloth and mild soapy water. Make certain all soap residue is removed and the orthosis is completely dry before re-applying. Avoid using a hair dryer or placing near a heater to speed up the drying process as this may damage the device. Be sure the orthosis is reapplied properly, with all straps secured snugly.

Make sure you are comfortable with putting on and taking off your orthosis and never attempt to modify your orthosis yourself. Please inspect your orthosis daily for any signs of wear including cracking, loose parts or decreased effectiveness of the device and call our office if needed. Also, don't hesitate to call if you have any questions about wearing the device. A yearly check up is recommended.

If you were given specific manufacturer care instructions for your orthosis please be sure to follow the directions closely.