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## Wear and Care Instructions for the DonJoy Defiance Knee Orthosis

### Putting on the Brace

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1. Sit on a firm surface with your knee bent at a 45° angle. Step through the brace and pull it up onto your leg. The middle of the brace's knee joint should be in line with the top of your knee cap.
2. To secure the brace on your leg start at the anti-migration strap. (This is the thick strap directly under the knee.) By securing this strap the brace will remain stationary on your leg.
3. Now move to strap #1 - located at the very bottom of the brace. Then strap #2 - which is at the top of the brace. Then strap #3 - which is just above the knee joint. The final strap will be #4 - which sits on top of the anti-migration strap. There is a #5 strap on the back of the calf, but you do not need to adjust this after it is set by your practitioner. Now you're ready to go!

**HELPFUL TIP** - Do not over tighten the top two straps (#2 and #3). If you do, the brace will get pushed off of your leg. If there is slipping, try tightening straps #1, #4, and the anti-migration strap.

### Removing the Brace

Undo the straps in any order and slide your leg out of the brace. Stick the velcro straps back to themselves to prevent the velcro from grabbing onto other straps.

**HELPFUL TIP** - Check your skin every day. If your skin stays red for more than 15 minutes after you take off your brace it could mean there is too much pressure in one spot. Stop wearing the brace, take a picture of the red spot, and contact our office right away.

### Cleaning Instructions

If the brace gets dirty you can clean it with soap and warm water. The brace must be fully dry before you put it on again.

### Break-In Schedule

In general, we suggest a slow break-in period. This way if there is a problem we can address it right away. This brace will change the way you walk and sometimes your body needs time to adjust. On the first day you should only wear the brace for 1 hour. Then add 1 hour every day until you're wearing it full time. A typical break-in schedule may look like this:

| Day 1  | Day 2   | Day 3   | Day 4   | Day 5   | Day 6   | Day 7          |
|--------|---------|---------|---------|---------|---------|----------------|
| 1 hour | 2 hours | 3 hours | 4 hours | 5 hours | 6 hours | Full time wear |