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Wear and Care Instructions for a Knee Immobilizer

Putting on the Brace

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1. Sit on a firm surface with your leg extended straight. Open the brace and position it so that the bars are on either side of your knee.
2. Now wrap it around your leg and secure it with the small velcro tabs to keep the wrap together at the top and bottom of the brace.
3. Next secure the black straps. Start with the strap just below your knee, then secure the strap just above the knee. Secure the remaining straps in any order.

HELPFUL TIP - Do not over tighten the straps. If you do, the brace can get pushed down your leg. If you feel the brace slipping, try tightening the bottom straps.

Removing the Brace

Undo the straps in any order and remove the brace from your leg. Stick the velcro straps back to the brace.

HELPFUL TIP - Check your skin every day. If your skin has red spots that stay red for more than 15 minutes after you take off your brace it could mean there is too much pressure in one spot. 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.

Wearing Schedule

In general you should wear this brace 24/7 even when you're in bed. Ask your practitioner what your wear time should be based on your diagnosis.