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Wear and Care Instructions for the Range of Motion Knee Orthosis

Putting on the Brace

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1. Sit on a firm surface with your knee bent to whatever angle your practitioner has instructed.
2. Position the brace on both sides of the knee. The middle of the brace's knee joint should line up with the top of your knee cap.
3. Secure the brace by attaching the plastic hook attached to the strap directly above your knee. (You shouldn't need to adjust the length of the strap.)
4. Next, attach the strap just below your knee. Then the strap at the top of your thigh. Finish with the strap at your ankle.

If you're using this brace after injury or surgery your leg may be swollen. That swelling will likely go down. If the brace feels too loose because your leg size has changed, you may need to shorten the strap length. Do not adjust the range of motion of the knee joint unless your health care provider tells you to.

HELPFUL TIP - If you feel like the brace is slipping down your leg, tighten the two straps below your knee.

Removing the Brace

Undo the straps by unhooking the plastic hooks in any order and remove the brace from your leg. Re-attach the straps back to the brace to prevent them from becoming tangled.

HELPFUL TIP - Check your skin every day. If your skin stays red for more than 15 minutes after taking off your brace, it could mean there is too much pressure in one spot. Take a picture of the redness 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 hrs a day. Ask your practitioner or doctor what your wear time should be based on your diagnosis.