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Wear and Care Instructions for the Rebel Reliever Knee Orthosis

Putting on the Brace

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1. Sit on a firm surface with your knee bent at a 45° angle. Place the brace on your knee. 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 strap #1 - located at the back of your leg just below the knee. Then strap #2 - which is at the back of the knee at the very bottom of the brace. Then strap #3 - which is behind the leg and just above the knee joint. The final strap will be #4 - which is behind your leg at the top of the thigh.
3. There is a #5 strap on front of the shin and there may be a 6th strap on the front over the thigh. For both of these straps, typically, 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 (#3 and #4). If you do, the brace may get pushed off of your leg. If there is slipping, try tightening straps #1 and #2.

Removing the Brace

Undo the straps in any order and take the brace off of your leg. 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