



# **Orthotic & Prosthetic**

SPECIALTIES INC.

## **PATELLA STABILIZING KNEE ORTHOSIS**

### **USE AND CARE INSTRUCTIONS**

A Patella Stabilizing Knee Orthosis (KO) is a brace designed to provide support and/or limitations to movement of your patella. It includes a neoprene sleeve around your knee with a pad for your patella (knee cap).

### **HOW TO USE YOUR PATELLA STABILIZING KNEE ORTHOSIS**

- Most people will wear the Knee Orthosis next to their skin. This helps to prevent the KO from sliding down on your leg. Pull the knee sleeve up over your leg so the opening is over your knee cap. Position the KO with the patella pad aligned around your knee cap. Then fasten the Velcro straps snugly.
- Your physician will determine when the brace should be worn. Follow your physician's instructions.
- If you find that the KO is slipping down your leg you will want to tighten the straps. Be sure the strap just below your knee is snug (this is the most important strap to prevent the KO from slipping).
- When you first begin to use your KO, it may feel awkward. But you should become used to it in a short time.
- It is **VERY** important to check your skin for any indications of irritation or excess pressure. You should examine your skin after removing the KO. If there are pink areas of skin that do not fade in 20 minutes contact your orthotist. Some people react to neoprene and latex. **If you see any rash or blisters developing on your skin under where the KO is worn discontinue use and contact your orthotist.** This is very uncommon but can be severe.
- Do not become discouraged if you feel an adjustment is needed. A minor adjustment might be needed to ensure a good fit. Call your orthotist to discuss this.

### **HOW TO CARE FOR YOUR HINGED KNEE ORTHOSIS**

- If the KO becomes soiled it can be hand washed in cold water with mild laundry soap. Rinse it well to remove all soap residue and line dry. Do not use heat to dry.