



Orthotic & Prosthetic

SPECIALTIES INC.

POST-OP KNEE ORTHOSIS USE AND CARE INSTRUCTIONS

A Post-operative Knee Orthosis (KO) is a brace designed to provide support, immobilization, or limitations to movement of your knee.

HOW TO USE YOUR POST-OP KNEE ORTHOSIS

- You will wear your Knee Orthosis next to your skin or over a dressing or stockinette. Position the KO with the knee joints aligned over the inside and outside of your knee and the opening of the brace in front. Wrap the liners around your leg and fasten the velcro. Then fasten the four velcro straps snugly.
- Your physician will determine how much motion you can have at your knee. The knee joints may allow free motion, partial motion, or be locked in one position. It is **very** important that you do not change this on your own.
- Your physician will also determine when the brace can be off; some patients are not allowed to remove their brace. 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 excess pressure. If you are allowed to remove the brace, examine your skin. If there are pink areas of skin that do not fade in 20 minutes contact your orthotist. If you are not allowed to take the brace off but believe there is a problem with a sore developing please contact your orthotist.
- 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 POST-OP ORTHOSIS

- If the KO becomes soiled you can wipe it down with a damp cloth. Do not use heat to dry.