



# **Orthotic & Prosthetic**

SPECIALTIES INC.

## **UNLOADER KNEE ORTHOSIS (KO) USE AND CARE INSTRUCTIONS**

An Unloader Knee Orthosis (KO) is a brace designed to provide support to your knee and to unload the arthritic side of your knee to reduce pain. This type of KO may also be called an Osteoarthritis Knee Orthosis or Brace.

### **HOW TO USE YOUR UNLOADER KNEE ORTHOSIS**

- There are several manufacturers and models of unloader KOs available. Your physician and your needs determine the style of KO you are provided with. The KO may be custom made or off-the-shelf. It may have a single hinge on one side of your leg or hinges on both the inside and outside of your leg.
- Most persons will wear their Knee Orthosis (KO) directly next to their skin. Each KO will have its own specific donning instructions, which your Orthotist will help you with.
- Position the KO with the center of the brace knee joint (hinge) at the level of the center of your patella (kneecap). Fasten the straps of the KO as instructed. Usually the straps below the knee are tightened first. The straps should be snug.
- If you find that the KO is slipping down your leg you will want to tighten the strap that is just below and behind your knee.
- 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 or reaction to the material. It is rare but some people do react to the materials used in the KO. If you are having any problems with this it is important to 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 UNLOADER KNEE ORTHOSIS**

- If the KO becomes soiled you can wipe it down with a damp cloth or with soap and water. Be sure to rinse off all soap residues. If there are removable liners they can be washed in a sink or basin, again being sure to rinse any soap out. Then line dry. You can also wipe the inside of the KO with rubbing alcohol. This will help prevent the KO from developing an odor.
- Metal joints will require periodic lubrication. Ask your Orthotist what type of lubricant to use.