



Orthotic & Prosthetic

SPECIALTIES INC.

HINGED NEOPRENE KNEE ORTHOSIS (KNEE BRACE)

USE AND CARE INSTRUCTIONS

A Hinged Knee Orthosis (KO) is a specialized device designed to provide support to your knee. It is used for a variety of knee problems.

HOW TO USE YOUR KNEE ORTHOSIS

- When donning the KO, position the oval shaped cutout in the brace over the back of your knee. Wrap the front extensions around your leg and over each other and fasten the Velcro. There is one above your knee and one below it. Your knee cap should be centered in the front opening when the brace is on. Then fasten the Velcro straps securely (some braces have two straps and some have four).
- If your KO is sliding down your leg, reposition it and fasten the Velcro strap just below your knee more snug.
- Check your leg for red pressure areas when you remove your KO. Any areas with redness that does not fade away after 20 minutes should be watched carefully. This is especially important for patients with diabetes. If this continues to be a problem or if a sore is developing, contact your orthotist. Also, if you develop a rash under the KO you will need to contact your orthotist.

HOW TO CARE FOR YOUR KNEE ORTHOSIS

- Your KO should be cleaned regularly in cool water with a mild soap. It needs to be **RINSED THOROUGHLY** to remove all detergent residue. It should be line dried (**NO HEAT**).

IMPORTANT NOTES ABOUT YOUR KNEE ORTHOSIS

A Knee Orthosis is a very specialized device. It is **VERY** important to keep all follow-up appointments made by your orthotist. Schedule an appointment at our office if any unexpected problems occur.