

Care and Use Guide

Knee Orthosis

- You have been fit with a Knee Orthosis.
- Unless otherwise directed, please give yourself a gradual break in schedule to allow your body to get used to the device.
 - Start with an hour today.
 - Increase an additional hour per day as tolerated.
- Following use, remove your orthosis and inspect your skin.
 - There may be some skin redness from pressure areas.
 - Redness should not persist for more than 15 minutes after removal.
 - Redness that does not disappear can be a sign of excess pressure.
- Also discontinue use if any sign of numbness, tingling, color change, excessive itching, swelling, or pain develops.
- Please contact our office for adjustments and do not reapply orthosis. Failure to do so could lead to blisters or open sores.
- This orthosis is designed to help support your knee.
- It is to be worn during walking hours or for specific activities, you may need to discuss this with your physician.
- Many people find their knee orthoses slips. This is usually because it has been placed too low on the leg.
- Knee joints should line up about even to the top of your knee cap.
- Straps should be applied snug, not tight.
- Usually, the knee orthosis is worn directly next to the skin.
- Because of this, frequent cleansing is very important.
- Your orthosis can be cleaned with a washcloth and mild soapy water.
- Make certain all soap residue is removed, and the orthosis is completely dry before reapplying.
- Make sure you are comfortable with how to properly put on and take off your orthosis.
 - Never attempt to modify your orthosis yourself.
- Please inspect your orthosis daily for any signs of wear including cracking, loose parts, or decreased effectiveness of the device and call the office as needed.
- A yearly checkup is recommended.

