

Rebound

ORTHOTICS & PROSTHETICS

KNEE BRACE WEAR & CARE INSTRUCTIONS

While being fit with your knee brace, your orthotist will guide you on how to properly wear and use the brace for maximum effectiveness. Some points to remember:

APPLICATION

Specific instructions for your knee brace will be discussed during your appointment. For any additional information and fitting diagrams, please refer to your device's instruction manual. The following is a generalized summary of how to properly don a standard knee brace:

- **Position the Brace:**
With a slight bend in your knee, locate the center of your knee cap. Then, find the middle of the upright(s) of the brace. Align the top edge of your knee cap with the center of the brace's joint(s). This is the ideal position for the brace on your leg.
- **Align the Uprights:**
Ensure the metal upright(s) or joint(s) are aligned with the middle of the side of your leg, roughly where a pant seam would fall. The brace should not be too far forward or backward; it should sit centered on your leg.
- **Tighten the First Strap:**
Start by tightening the strap that lies just below the back of your knee. This strap is **key** for stabilizing the brace and keeping it securely in place while you fasten the remaining straps. It should be snug to prevent the brace from sliding down.
- **Tighten the Remaining Straps:**
Next, tighten the other straps. As you do so, make sure the brace remains centered on the front and side of your leg, properly aligned with your knee cap.
- **After Removing the Brace:**
When removing the brace, always stick the velcro straps back onto themselves. This helps prevent pet hair, dust, and other debris from sticking to the straps.

Most knee braces can be worn either directly against the skin or over pants.

- If wearing the brace over **pants**, ensure the fabric is pulled tight to minimize wrinkles, as these can cause skin irritation or pinching. Leggings or fitted pants are ideal, as they reduce bulk and help maintain a smooth fit.
- For those wearing the brace directly on the skin, consider using undersleeves or a soft layer between the skin and the brace. This will help prevent skin irritation and increase overall comfort.

WEAR SCHEDULE

Break in your brace gradually by following the recommended wear schedule. Avoid sports or running activities while breaking in your new knee brace. These activities should only be resumed after you have comfortably reached full-time wear.

DAY 1 — 1 to 2 HOURS

Avoid long walks immediately after receiving your orthosis. Begin by wearing it for 1-2 hours at a time. After the first hour, remove the orthosis and carefully check your skin. You may notice light red marks, which are normal and should fade within 20-30 minutes. This redness is typically due to pressure where the brace contacts your skin. However, if the redness persists, or if you experience any skin irritation, bruising, or discomfort, do not put the orthosis back on. Contact your orthotist to schedule

an appointment for further evaluation or adjustment.

DAY 2 — 2 to 3 HOURS

Wear the orthosis for an additional hour compared to the previous day. Once again, check your skin for any signs of irritation or redness.

ADD 1 HOUR EACH DAY UNTIL FULL-TIME WEAR IS ACHIEVED — USUALLY TAKES 2 WEEKS

Gradually increase the wear time by about one hour each day. Typically, it takes 10-14 days to break in the knee brace and wear it comfortably throughout the entire day.

MAINTENANCE:

- Inspect your knee brace daily for any signs of cracking, separation, or reduced effectiveness.
- Do not attempt to modify the orthosis on your own. If you notice any issues, contact your orthotist to schedule an appointment.
- Most of the padding on your knee brace is removable and secured with Velcro for easy cleaning. To clean the padding:
 - Hand wash with mild soap.
 - Rinse thoroughly and allow it to air dry completely before reattaching it to the brace.
- NEVER put your knee brace or padding into the washer or dryer.
- The frame of the brace may be cleaned by wiping it down with a damp cloth and mild soap. Do NOT submerge the frame in water as it may harm the quality.
- Fully allow all parts of the knee brace to **air dry completely** before wearing it again.
- Changes in weight, activity, surgeries, overall health, or growth can affect the fit of your brace. Visit with your orthotist on a regular basis to see if adjustments are needed.

If you have questions or concerns about your knee brace, please contact your orthotist.

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