

COLUMBIA PROSTHETICS AND ORTHOTICS

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Knee Brace

You have been fit with a Knee Brace. Unless otherwise instructed, please use a gradual break in period to allow your body to get used to the device. During the first days of using your brace you should inspect your skin. There may be some skin redness from pressure areas. Redness should not persist for more than 20 minutes after removing the brace. Redness that does not disappear can be a sign of excess pressure. If you have any sign of excess pressure, numbness, tingling, color change, excessive itching, or if swelling or pain develops, please call us immediately. You should contact our office to speak with one of our practitioners and to schedule a follow up visit for any needed adjustments. Failure to do so could lead to further skin breakdown.



*This is a sample image.
Your brace might be different.*

The brace is designed to help support your knee. It is to be worn during waking hours or for specific activities—you may need to discuss this with your doctor. Many people find that their knee brace slips down. This is usually because it has been placed too low on the leg. Knee joints should line up about even with the top of your knee cap. Straps should be applied snug, not tight. Sometimes, your knee brace is worn directly next to your skin. Because of this, frequent cleansing is very important. Your brace can be cleaned with a wash cloth and mild soapy water. Make certain all soap residue is removed and the brace is completely dry before re-applying.

Make sure you are comfortable with how to properly put on and take off your brace. Never attempt to modify your brace yourself.

Please inspect your brace regularly for any signs of wear including cracking, loose parts, or decreased effectiveness of the brace, and call our office as needed.

I have received a copy of these instructions and understand to contact the above office if I have any questions or concerns.

Patient Signature _____ Date _____