



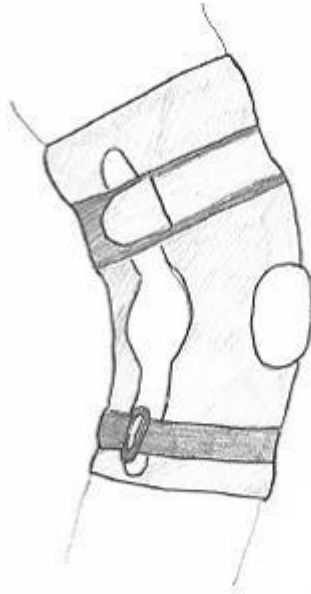
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## Information for Patients

### The Hinged Knee Brace

### Physiotherapy Service



#### Why have I been given a hinged knee brace?

This brace is prescribed to help with knee pain and instability (when the knee gives way). It is designed to offer support and can help to reduce the risk of falling. It has two metal hinges which allow the knee to bend freely. The hinges have a stop mechanism to prevent them from over straightening. It **may be prescribed for you by a Physiotherapist, Orthotist or Consultant.**

**It is important that you only use the brace as recommended by your healthcare professional.**

The knee brace is available in a range of sizes, the size that you require will be assessed by the prescribing clinician.

#### Instructions for use

- Undo both straps (it can be useful to fold the top of the Velcro strap back on itself. This stops it sticking/catching).
- Undo the two Velcro sections in the middle and lay the brace flat.
- The brace should always sit next to the skin and should not be worn over

clothing.

- The brace wraps around the knee, with the inner pads sitting either side of the knee joint. It may be easier to slightly bend the knee to apply the brace.
- The brace does up with lay over Velcro at the front.
- The two straps (one at the top, one at the bottom), pass around the back of the brace and pass through the plastic buckle and attach firmly via the Velcro to the remainder of the strap. (Do not forget to release the folded tab of Velcro). It is easier to attach the bottom strap first.
- The strap above the knee should be fastened securely to prevent the knee brace slipping down when walking.

### **Wearing the brace for the first time**

The brace should only be worn for an hour the first time, then removed and skin checked for any red areas or rubbing.

The brace may leave an imprint for 5-10 minutes after removing if you have been wearing it for several hours. If you experience any redness for longer than 10 minutes after removing, please seek advice from your clinician.

### **Hygiene**

It is not advisable to put the brace in a washing machine due to the metal hinges. It can however, be wiped over with warm soapy water. Ensure that it is completely dry before applying to the knee.

**This document is available in Welsh / Mae'r ddogfen hon ar gael yn Gymraeg**