

Physiotherapy Department Application Guide for Patients

Knee Immobiliser (Cricket Pad Splint)

Your consultant has requested you wear the cricket splint for weeks.

This is to prevent the knee from bending whilst it heals. It can be removed for short periods with the knee fully supported to enable you to check the skin for red areas, and wash & dry the skin. It should be worn at night to prevent bending the knee whilst you sleep.

If you have any questions or concerns regarding the fitting of this brace you can contact Physiotherapy for further advice.

JURA AW Knee Immobiliser. Product code AWKITP. UK distributor ProMedics.



Fig. 1

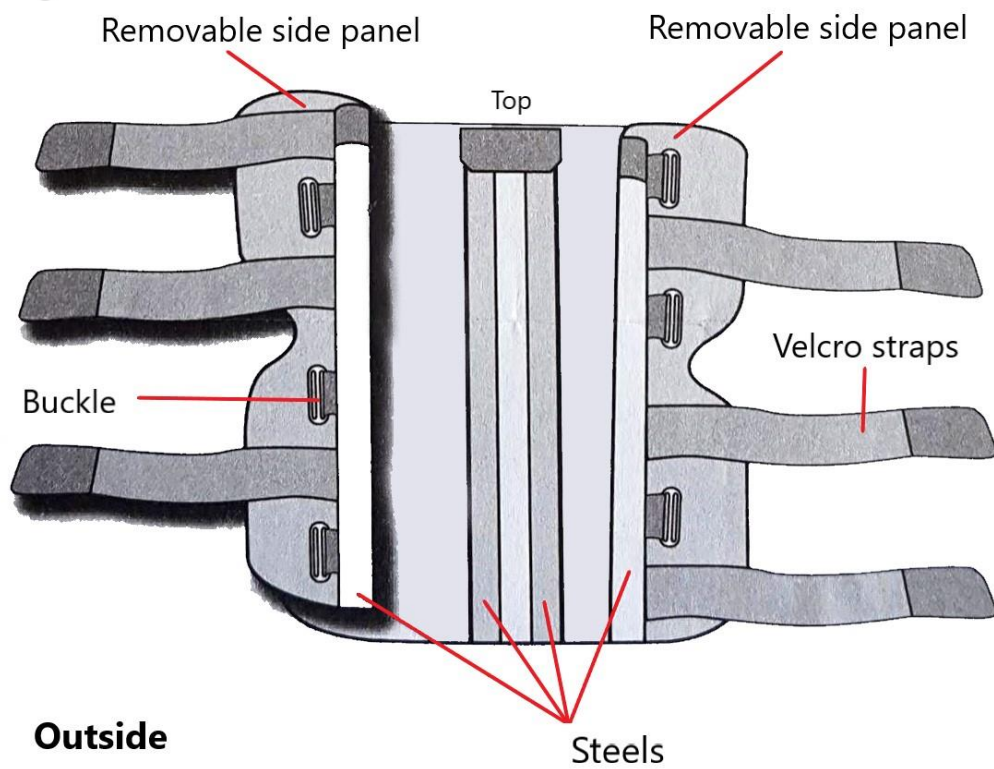
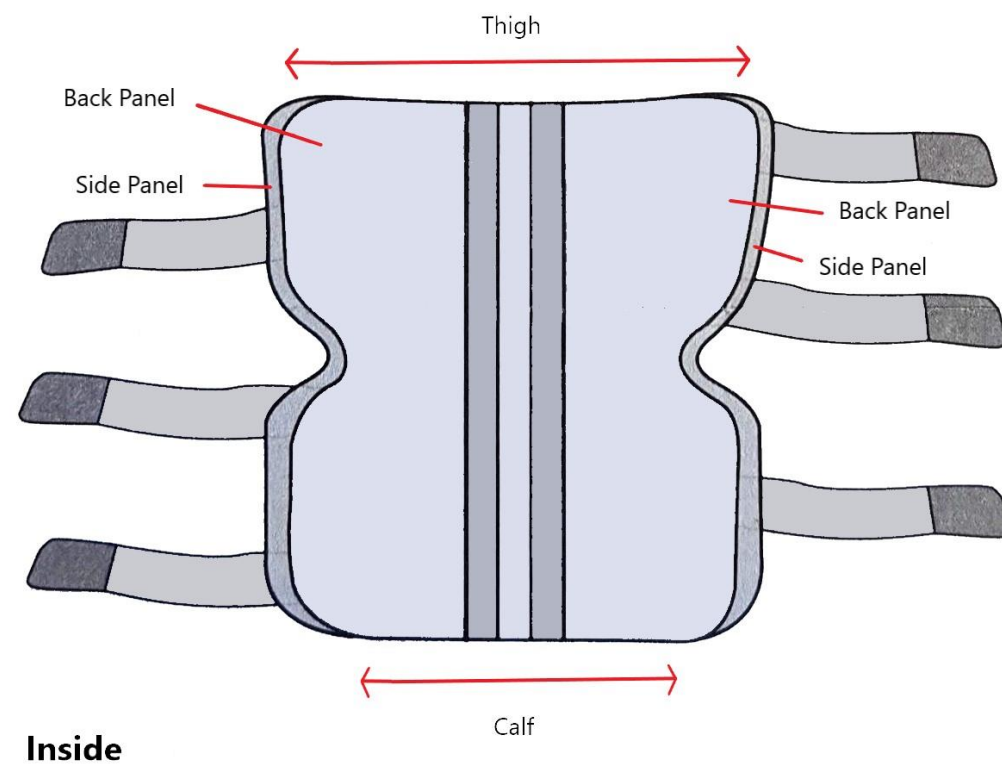


Fig. 2

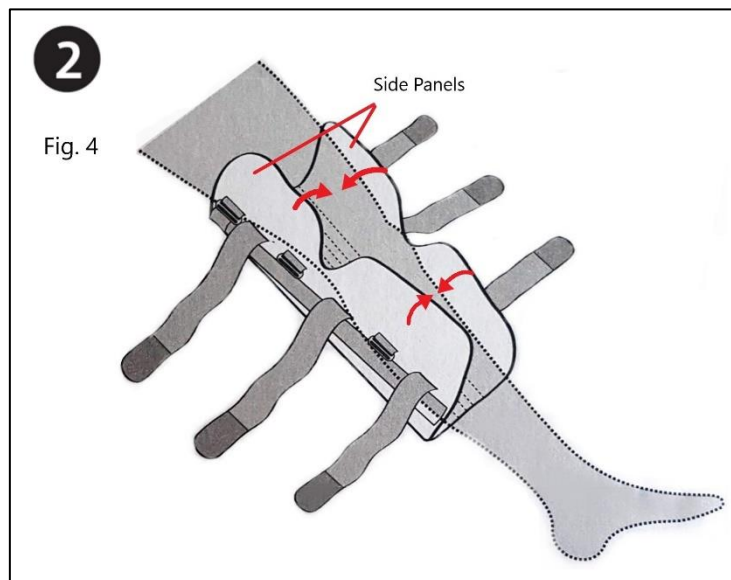


Your brace will have been adjusted to fit your leg when it was first fitted. It should only require some minor adjustments as your swelling reduces.

Re-applying:

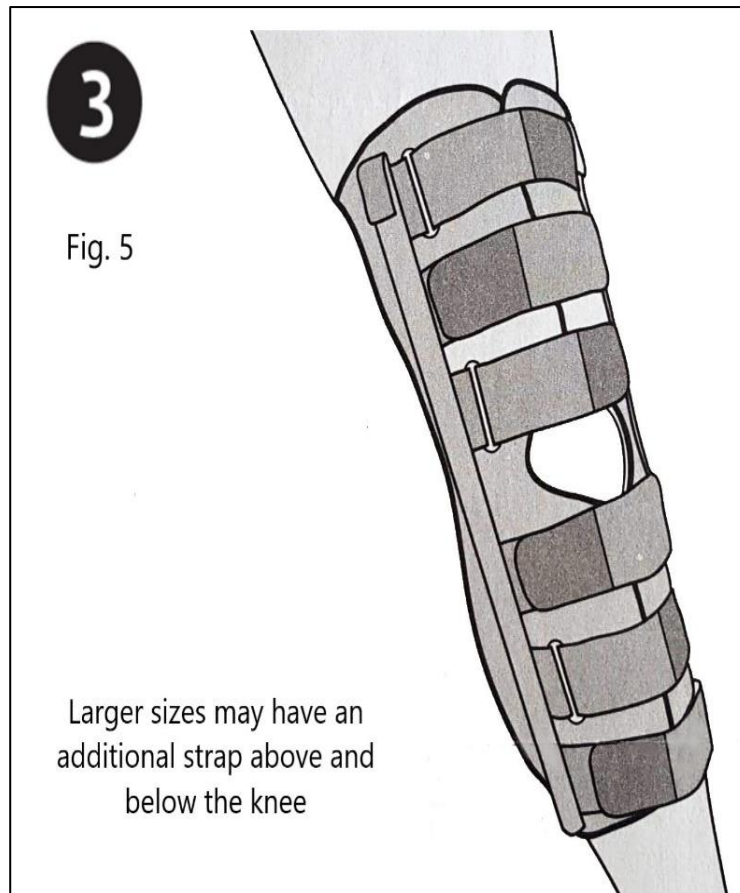
To fit the brace, you will need to sit with your affected leg supported on a bed or sofa with the knee straight.

- Place the brace open under the knee, wrap round so that the curved sections go around your kneecap.
- When closed around the leg, the panels should nearly meet but not overlap.



- Thread the Velcro straps through the buckles, fold back on themselves and stick in place.
- Do up the Velcro straps in the following order;

Start with the strap just below the knee, then just above the knee, then bottom strap, then top strap.



The fit should be snug so that the brace does not fall down whilst walking, but should not feel uncomfortably tight.

Check regularly for red areas and skin irritation. Inform your physiotherapist or nurse if you have concerns.

Removing the brace

- Undo all Velcro straps, open brace at the front and remove

Not suitable for home washing.