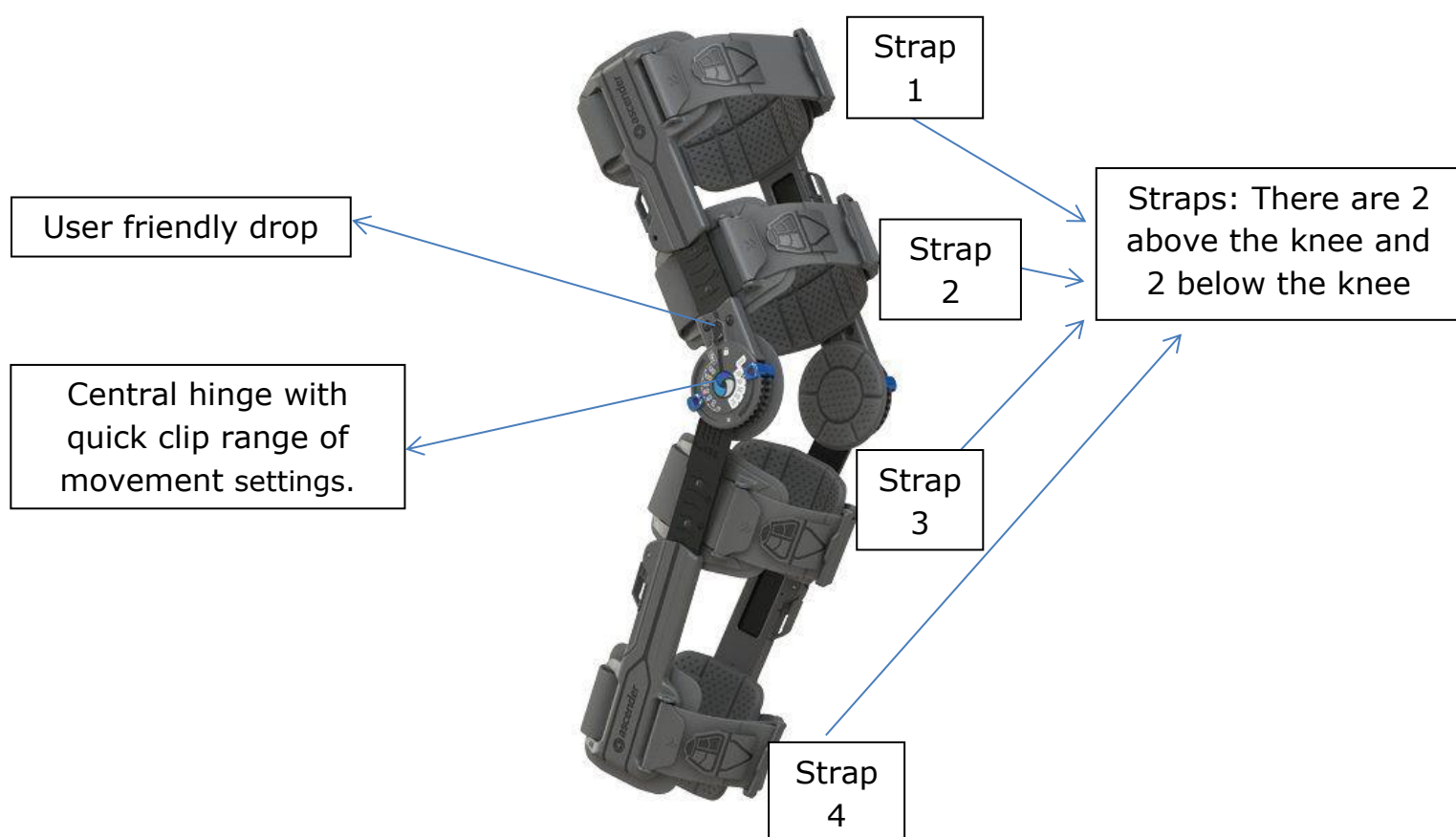




Physiotherapy Department Application Guide for Patients

Ascender Knee Brace



Your consultant has requested you wear the knee brace for weeks.

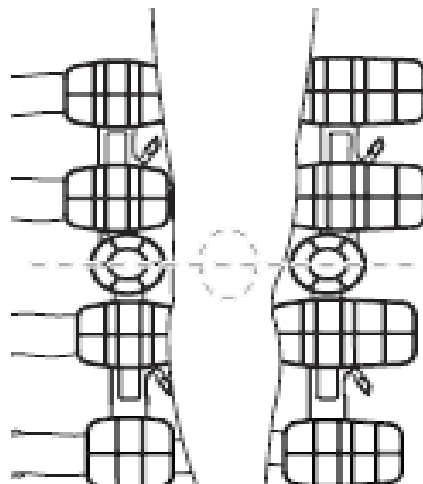
You may be allowed to remove the brace at night when you are in bed (please follow the instructions given, as some surgeries require this brace to be worn **at all** times), but it will need to be re-applied when up and about. You will not be able to shower whilst wearing this product.

Applying the Brace

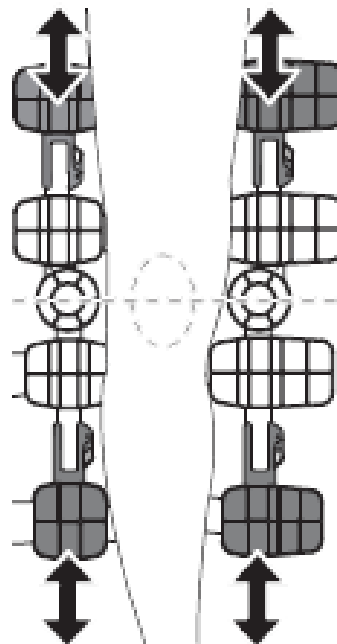
Your brace will have been adjusted to fit your leg, but may need some minor adjustments as the swelling in your leg changes.

To fit the brace you will need to sit on the bed, with your legs out in front of you.

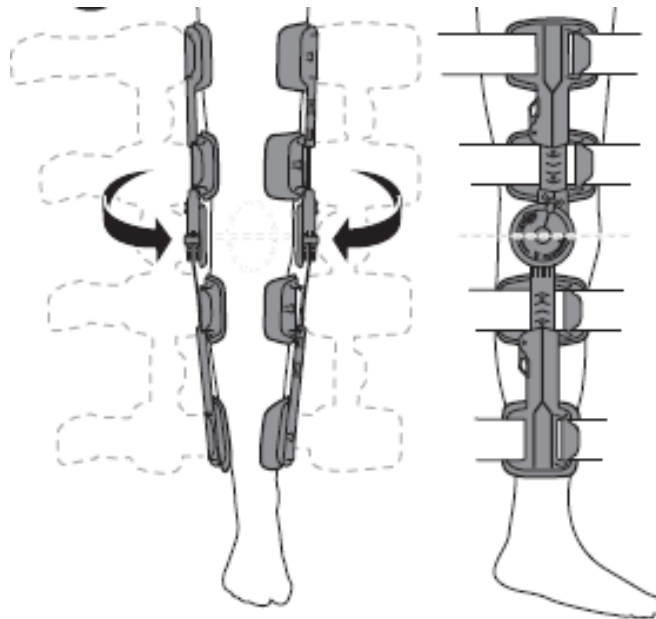
1. Unclip buckles and lay the brace flat on the bed, with the pads facing upwards.



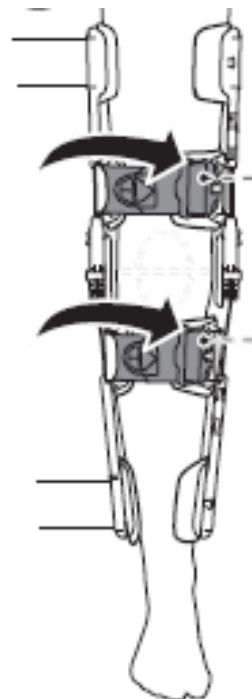
2. Position underneath the leg, aligning the hinge centrally either side of the knee. The smaller calf pads must be towards the foot.



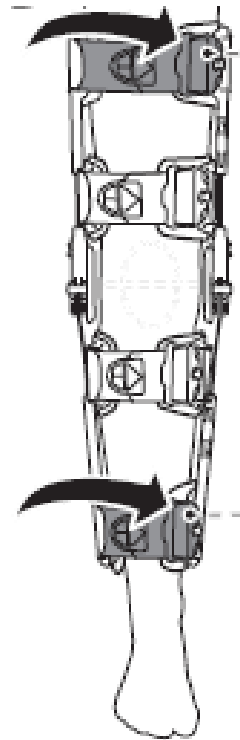
3. Wrap the brace around the knee, with the hinge at the centre of the knee joint, on each side.



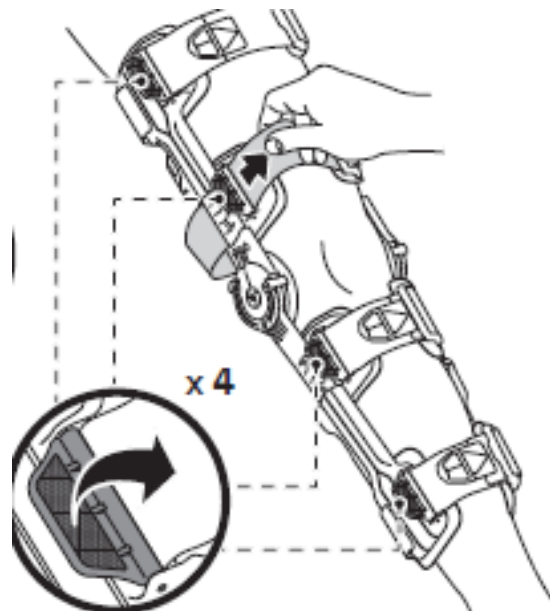
4. Loosely fasten the two straps closest to the knee joint using the buckle – (strap 2 and 3).



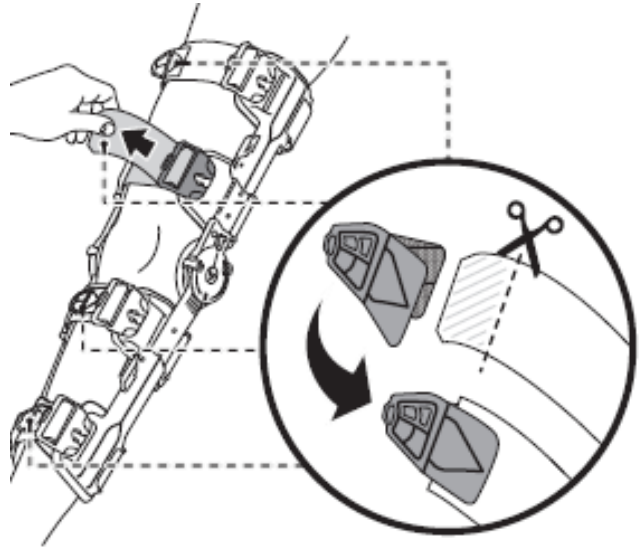
5. Loosely fasten the two other straps using the buckle – (strap 1 and 4).



6. Tighten all the straps firmly, ensuring no slack around the leg.



7. Pull the straps through the buckles to tighten. It may be required to shorten the straps – remove the Y-tab, trim strap to correct length and reattach the tab in position.



Removing the Brace:

1. Sit with leg flat on the bed.
2. Unclip the buckles on the 4 straps.
3. Slide brace from underneath knee.

Washing the Brace:

Following the manufacturer recommendations, hand wash pads and straps with mild detergent and allow to air dry. **Do not machine wash.**

Do not alter any setting unless told to do so by the physiotherapist or consultant.

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



If you are told to alter the amount of movement in the brace, please follow these instructions carefully:

1. Changing the Range of movement.

Do not alter this unless you have been given specific instruction to do so



Ext: this side of the hinge controls the straightening of the knee, (extension).

To alter the straightening: pull and slide the blue clip up or down to the required number and release.

Flex: this side of the hinge controls the amount of bend in the knee, (flexion).

To alter the bend: pull and slide the blue clip up or down to the required number and release.

2. Locking the Brace

This should only be done if you have been specifically advised to do so.

This is the locking button. Slide the button down towards the hinge to lock and up away from the hinge to unlock

The padlock shows where to find the locking button



When locking the brace, use the 2 white arrows to line up with the numbers underneath (you will be told which number to line up with), before sliding the lock button.

Please scan the QR code below through your mobile device for more information and to access a patient education video.

