

WINKLEY

orthotics & prosthetics

At Winkley Orthotics,
we specialize in custom-
fabricated adult and
pediatric orthoses. Our goal
is to improve each person's
mobility and enhance quality
of life by providing the
highest quality orthotic
care, non-operatively and
post-operatively.

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1-800-WINKLEY
www.winkley.com

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Instructions
for your **NEW**
Knee Brace

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Wear and Care

KO = Knee Orthosis

What does it do?

Your new knee orthosis is designed to support and align your knee. It may help to prevent or correct a deformity, substitute or enhance function, and decrease pain or discomfort.

Break in schedule

It may take some time before you become accustomed to your new brace. It is necessary to follow a break in schedule to build up your skin and soft tissue tolerance to the brace. Begin by wearing the brace just 1 hour the first day. The next day, wear it 2 hours. Double the time you wear your brace every day until you are comfortable wearing it all day and do not experience any red marks or pressure sores.

Wearing the brace

Sit with your leg at a 45 degree angle when you put on your brace. Keep your knee cap centered between the condyle (side) pads. The first strap you should tighten is just below the knee. Next, fasten the bottom strap. The third strap tightened is just above your knee. The last strap is the top strap

on your thigh. It is important that you apply the straps in the proper sequence for your brace. This will help prevent the brace from slipping down your leg. If needed, a neoprene sleeve can also be used to prevent slippage.

Skin care

Check your skin everyday for red marks or pressure sores. Your brace should fit snugly, but not cause any pain, bruises or blisters. Some pinkness is expected in areas of maximum correction or support. Any redness should disappear within 15 minutes of removing the brace.

Try wearing the brace again in an hour or two. If you feel pain or if the redness on your skin lasts longer than 15 minutes, call our office for an appointment to have your brace adjusted as soon as possible.

It is important to keep your skin clean to avoid irritations. Mild soap and water are recommended. Do not use lotions, oils or ointments under your brace. If needed, use sparingly and allow to dry completely before putting the brace on.

Cleaning

Most straps, padding and sleeves are washable. Hand wash with a mild detergent and always line dry away from heat. If you have metal hinges on your brace, keep them clean by rinsing away sand, debris and dirt with clean water. You can lubricate the hinges with a silicone

or dry graphite spray lubricant to keep them moving freely. Do not use WD-40 or oil based lubricants because they will attract dirt to the joint.

When to call the office

You may be seeing your orthotist for a follow up appointment within a few weeks of receiving your brace. Please call if you notice the following:

- You have developed red areas or pressure sores from your brace.
- You have had a significant weight change and your brace is too loose or too snug.
- You have noticed rivets coming loose on the metal bars or straps.
- Your velcro no longer holds tight or other material is worn.
- Your brace does not stay in place as it should.
- You have any other questions or concerns.

Never attempt to adjust or repair the brace yourself!

Notes:
