



Wear and Care Instructions for the Below Knee Limbguard



Use your phone's camera to scan this QR code and follow along with the video

How to use a Limbguard

► Follow along with the video for best results

1. Make sure your leg is clean and dry before pulling on one of the socks that came with your Limbguard. Be careful working around your suture line.
2. Place your leg inside the plastic shell. The end of your limb should rest slightly against the circular foam pad at the bottom, or rest slightly above it.
3. Take the white foam shin guard and place it over the front of your shin. The shin guard should be tucked into the plastic shell.
4. Now take the larger black wrap and stick it to the lower set of velcro pieces on the plastic shell. Wrap it around the front of your leg, over your shin and lower knee, securing it to the velcro on the other side of the plastic shell.
5. Finally, take the smaller black wrap and stick it to the upper velcro tabs on the plastic shell and wrap it around the front of your leg, securing it to the velcro on the other side. This wrap should cover the knee and lower thigh. Double check that both wraps are secure and your leg is straight in the device.

Removing the Limbguard

Undo the wraps on one side of the plastic shell, remove the white foam shin guard, and lift your leg out of the Limbguard.

Cleaning Instructions

Your Limbguard should be washed 3-4 times a week. The wraps may not need washing every time.

1. Wash the plastic shell, circular foam pads, sock, wraps, and the shin guard with warm water and soap. You can use your hand or a washcloth. Do not use abrasive scrubbing tools.
2. You can wipe down the plastic shell and shin guard with rubbing alcohol—especially if there are bodily fluids on them.
3. Make sure that everything is dry before putting it back on.

HELPFUL TIP - Check your skin every day. You can use a mirror to inspect the end of your limb. If you find an area that is irritated, or a red spot that last for longer than 15 minutes, please reach out and let us know.

Wear Time

In general, we suggest that you wear the Limbguard as often as possible, especially while you sleep or are being moved. The purpose of this is to protect your leg from injury if you were to fall or hit it against something. The Limbguard will also prevent knee flexion contractures from forming. You can remove it for a short time to inspect your skin and move your knee.