

Wear and Care Instructions for a Wrap Around Knee Brace



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Putting on the Brace

► Follow along with the video for best results

1. Sit on a firm surface with your leg extended straight. Position the hole in the knee brace behind your knee and the two circular pads on either side of the knee cap. The wider part of the brace is the top.
2. To secure the brace on your leg, start at the bottom and attach the velcro flap. Then move up your leg, and attach the velcro flaps on the thigh.
3. Next move onto the straps. Put the bottom strap through the bottom ring and secure the strap firmly back to itself. Then put the top strap through the top ring and secure the strap firmly back to itself.

HELPFUL TIP - Do not over tighten the top flap and strap. If you do, the brace will get pushed down your leg. If the brace is slipping, try tightening the bottom flap and strap.

Removing the Brace

Undo the straps in any order and remove the brace from your leg. Stick the velcro straps back to themselves.

HELPFUL TIP - Check your skin every day. If your skin has red spots that stay red for more than 15 minutes after you take off your brace it could mean there is too much pressure in one spot. Stop wearing the brace, take a picture of the red spot, and contact our office right away.

Cleaning Instructions

If the brace gets dirty you can clean it with soap and warm water. The brace must be fully dry before you put it on again.

Wearing Schedule

In general you should wear this brace during waking hours when you are out of bed. Typically, you will not sleep with this brace on. Ask your practitioner what your wear time should be based on your diagnosis.