

Contact details:

- **Inpatient Paediatrics - Ward 25:** 01623 622515, extension 6181 or 3063.
- **Orthopaedic office -** 01623 622515, extension 3227.



Brace fitted by:

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Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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INFORMATION FOR PATIENTS, PARENTS, GUARDIANS AND CARERS

Paediatric Physiotherapy



Hinge knee brace

About this leaflet

The aim of this leaflet is to provide you as the patient, and your parents, information about the brace that has been fitted to you.

The physiotherapist that fits your brace may provide you with advice that conflicts the information within the leaflet. If this is the case, ignore the information in the leaflet as the advice given was specific to you/your child's needs.

Your range of movement knee brace (ROM):

ROM knee braces are designed to restrict movement in the knee under your surgeons recommendations. This is necessary:

- To protect the knee joint prior to surgery following an injury.
- To protect the knee joint following surgery.
- To provide stability at the knee joint due to weakness in the surrounding muscles .

How it works

There are a variety of knee braces, however, all have an adjustable ROM dial on either side of your knee. These dials will be set by your physiotherapist as instructed by your surgeon.

On occasions you will be asked to lock your brace into extension, which means you will not be able to bend your knee at all. This is done by pushing the red button above your dials downwards.

Your leg must be straight before locking this button - your physiotherapist should have demonstrated this.

Fitting the brace

Once your physiotherapist fits the brace, to remove it you either unclick/pull apart the velcro and slide the brace off.

To put the brace back on you firstly need to line the dials on the brace with the knee joint. After it is lined up you then need to fasten the first two straps above and below the knee followed by the last two. Following surgery you may have swelling in and around the knee, therefore, you may need to tighten the straps as the swelling reduces.

We recommend that the brace is placed directly over the skin, however, if you wish to wear something underneath then it should be tight fitting like leggings or skin fitting joggers. This is to prevent the brace slipping with baggy clothing. Baggy clothing can also cause creases under the brace that can result in pressure sores forming.

When should I wear the knee brace?

The brace should be worn at all times unless you are told otherwise by your surgeon/consultant. However, it can be removed during skin checks for pressure sores around the leg and when the brace needs washing. When removed it is important to keep your leg straight and not to bend your knee outside the ROM the brace is set at.

Cleaning the brace

When cleaning the brace please use a damp sponge and dab it. Make sure you leave it for a suitable amount of time to allow it to dry to prevent moisture sores.