

INFORMATION FOR PATIENTS

Orthotic knee braces

This leaflet is intended as further help to patients who have been supplied with a knee brace or support from Clinic 2, Orthotic services.

If advice in this leaflet differs from what you have been told on the ward or in clinic, wear as directed by the physiotherapist/orthotist, as this will be specific advice to your individual needs.

Your knee brace

Knee braces are prescribed to limit or aid in motion of the knee joint. This may be necessary:

- To protect the knee joint prior to surgical repair following an injury.
- To protect the knee joint following surgical repair.
- To prevent instability.
- To reduce pain.
- To aid in activity.

How it works?

There are a variety of knee braces and supports. Some will have a single or double hinge on the side of your knee joint. The strap tension and range of motion will be set by your orthotist.

When should I wear my knee brace?

You should wear your brace as instructed by your consultant, physiotherapist or orthotist. You will need to remove for washing and skin checks.

Do not sleep in your knee brace unless instructed otherwise.

Fitting

Once the knee brace or support has been set up for you by the orthotist, you should not need to adjust the fit of the brace. You will be advised on adjustments to support level and fit for use at your fitting appointment.

When re-applying the brace, ensure that the joints, if present, are positioned at either side of your knee joint. The brace joint should bend when your knee joint does so. It is also important to position the brace so your kneecap is in the relevant location.

The brace should preferably be worn directly against the skin. However, if you wish for something in between the brace and your skin, this should be tight fitting clothing such as tights or leggings. If the brace or support is worn over baggy clothing the clothing may crease and cause skin sores; it will also increase the likelihood of ill-fitting of the brace and cause slipping down the leg.

Adjusting the fit

If you have fluctuations in swelling, it will result in the brace becoming too loose or tight, and if necessary, you will need to adjust the brace to gain a good fit.

It is common for the lower leg to swell slightly below the level of the brace. This is normal. However, if discomfort or skin discoloration occurs, contact the department for advice.

Do not adjust the range of motion dial, if your brace has this feature, unless shown how to do so. If required, you will need to see whoever fitted your brace if you have not been shown.

Eligibility

One knee brace will be supplied initially. If this wears out, we will replace it. The life span of your knee brace will depend on the type issued, your activity level, and the frequency of use. If you wish to have more knee braces, please contact the department for a quote.

Please keep this leaflet safe for future use. You are now able to contact the department directly for orthotic care as required. If you need a review appointment, or if the brace requires servicing or replacement, you **do not** need to be referred again.

If there are new symptom(s)/condition(s) that are unrelated, a new referral will be required to be assessed for further orthotic management.

Your brace has been fitted by:

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Contact details

Orthotics Department
Clinic 2
King's Treatment Centre
King's Mill Hospital
Sutton in Ashfield
Notts, NG17 4JL

Clinics are held at:

- Clinic 2, King's Mill Hospital
- General outpatients, Newark Hospital
- Neurorehabilitation, Mansfield Community Hospital.

The contact telephone number for **all** orthotic queries is 01623 676163.

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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