

## INFORMATION FOR PATIENTS

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# Range of motion (ROM) knee brace

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This leaflet is intended as further help to patients who have been supplied with a range of motion (ROM) knee brace.

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 ROM knee brace

ROM knee braces are prescribed to restrict or limit motion at 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 due to muscle weakness.

### How it works?

There are a variety of ROM knee braces, however, all have a ROM joint on either side of your knee joint. This dial will be set by your physiotherapist/orthotist as instructed by your consultant.

Occasionally, the joints will need to be locked in full extension so that you cannot bend your knee at all. This is done by pushing the lock buttons on the ROM dial downwards. Your leg must be straight before the knee joints will lock.

### When should I wear my knee brace?

You should wear your ROM brace all the time unless instructed otherwise by your consultant. You will, however, need to remove for washing and skin checks.

### Fitting

Once the ROM brace has been set up for you by the physiotherapist/four clips attached to the straps on the brace. While the brace is off you must maintain your knee position as it has been set with the knee brace on.

When re-applying the ROM brace, ensure that the ROM dials are positioned at either side of your knee joint. The brace joint should bend when your knee joint does so.

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

### Adjusting the fit

If you initially have swelling that then reduces, it will result in the brace becoming too loose and you will need to adjust the ROM brace to gain a good fit.

To do so, start by tightening the back straps by pulling through the side tab, reattaching it once the desired tightness has been obtained. The resulting excess strap needs to then be pulled through the clip attachment to make the front more secure.

**Do not adjust the ROM dial unless shown how to do so. 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.

If you need a review appointment, or your knee brace requires servicing or replacement please contact the department directly.

You are able to receive ongoing care for any reason relating to the initial referral. If you present with new symptom(s)/condition(s) that are unrelated, you will require a new referral to be assessed for further orthotic management.

### **Your brace has been fitted by**

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### **Role**

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### **Contact details**

Orthotic Services  
Clinic 2  
King's Treatment Centre  
King's Mill Hospital  
Sutton-in-Ashfield  
Notts  
NG17 4JL

Physiotherapy Department:  
(01623) 672384

Orthotic Department:  
(01623) 676163

### **Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)

Our website: [www.sfh-tr.nhs.uk](http://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:** [PET@sfh-tr.nhs.uk](mailto:PET@sfh-tr.nhs.uk)

If you need this information in a different language or format, please contact the PET (as above).

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 [patient.information@sfh-tr.nhs.uk](mailto:patient.information@sfh-tr.nhs.uk) or telephone 01623 622515, extension 6927.

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