



## Knee Orthosis (KO) Care and Use Guide

You have just received your new orthosis which was designed and custom made especially for you. Please refer to the following instructions for the care and use of your new brace.

### Application:

- Your physician has prescribed a knee orthosis for you and your specific condition will determine which type of brace you receive. Each design has its own special features and its own specific way to be put on properly.
- The orthotist providing the brace will demonstrate the proper way to put the knee orthosis on to make the best use of the design features of the device.
- There may also be literature provided from the manufacturer of the orthosis for more information if interested.

### Wearing Schedule:

- The amount of time you will wear your brace per day and during which activities will depend on your physician's orders.
- Your physician has given you a specific wear schedule and it is as follows:
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### Skin Maintenance:

- If at any time you notice redness or skin irritation that does not go away within 30 minutes of taking off the brace, contact your orthotist immediately for adjustments.

### Orthosis Care:

- Your knee orthosis should be cleaned regularly with alcohol spray or mild soap and water. For best results, use a damp cloth; do not soak the brace in water and towel or air dry.

If at any time your orthosis becomes cracked or broken, see your orthotist for repairs or replacement.

Contact your orthotist with any questions or concerns.