

## Knee Orthoses

You have been fit with a Knee Orthosis. Unless otherwise instructed, please use a gradual break in schedule to allow your body to adjust to the device. Start with one hour today and increase one hour per day as tolerated. Following use, remove your orthosis and inspect your skin. There may be some skin redness from pressure areas. Redness should not persist for more than 15 minutes after removal. Redness that does not disappear can be a sign of excess pressure and should be addressed. Discontinue use, also, if any sign of numbness, tingling, color change, excessive itching, swelling or pain develops. Please contact our office for adjustments and do not reapply orthosis. Failure to do so could lead to blisters or open sores.



*Your orthosis may look different.*

This orthosis is designed to help support your knee. It is to be worn during waking hours or for specific activities as instructed by your doctor.

If your knee orthosis tends to slip, it is usually because it has been placed too low on the leg. Knee joints should line up evenly with the top of your knee cap. Straps should be applied snug, not tight. Usually, knee orthoses are worn directly next to the skin, therefore, frequent cleaning is necessary. Your orthosis can be cleaned with a wash cloth and mild soapy water. Saddle soap can be used on leather portions. Make certain all soap residue is removed and the orthosis is completely dry before re-applying.

Make sure you are comfortable with how to properly put on and take off your orthosis. Never attempt to modify your orthosis yourself.

Please inspect your orthosis daily for any signs of wear including cracking, loose parts, or decreased effectiveness of the device and call our office as needed. A check-up every 3-6 months is recommended.

If you have any questions or concerns, please contact our office.

Arise Orthotics & Prosthetics  
Blaine Medical Center  
11855 Ulysses St NE, Suite 230  
Blaine, MN 55434  
763-755-9500 Phone  
763-755-9510 Fax