

Review Procedure

Please follow the review advice given to you by the orthotist.

If you require an appointment before this time, please contact the orthotic department.

Orthotic Department Tel: _____



Information for Patients

Pull On Knee Brace



Pull On Knee Brace

What is a Pull On knee brace?

This is a tube shaped brace made from elasticated material.

There are different types that may have a circular pad or a hole to fit around the kneecap or strengthening material along the sides of the fabric.

What is the knee brace for?

- To support your knee and to help reduce pain in everyday activities when standing and walking.
- If the brace has a circular pad, this is to help keep your kneecap in position as you move.

How do I put the knee brace on?

- The widest opening should be at the top of your leg when you put it on.
- Pull it up your leg until the curve is behind your knee and any strengtheners are on either side of your knee.
- If it has a round hole this should be positioned so that the hole is over your kneecap.
- If it has a pad this should be positioned as shown by the orthotist.

To assist you, a small amount of talc may help the brace to slide up your leg.



Cleaning:

Check the washing instructions on the label, or wash the brace by hand in warm soapy water at 40°C.

Do not tumble dry or dry over direct heat, as this will damage the elastic material. Air dry only.

Using your brace:

You should only wear your brace as advised by your doctor/therapist/orthotist.

If you have any problems, for example:

- Skin rash
- Skin breakdown
- Loss of sensation
- Swelling
- Pressure/discomfort

Or if the brace is no longer effective or does not fit, contact the department for advice.