

# Knee brace

Orthotics

## Introduction

This leaflet will explain how to care for your leg whilst wearing a knee brace, how to maintain your knee brace, and who to contact if you have any problems.

## Care of your leg

You should do the following on a daily basis

1. Inspect all aspects of your leg which come into contact with the knee brace checking for red marks, abrasions, bruising, or wounds. Use a mirror or ask someone for help if necessary.
2. If you are experiencing discomfort or the skin is marked, red, or broken, please contact the orthotics department immediately for advice.

## Wearing regime

This will be individual to each patient. Please follow the instructions written by the orthotist in the table on page 2.

## Review appointments and maintenance of your knee brace

Please check your knee brace for wear and tear daily, make sure there are no loose parts on your knee brace before putting it on. Make sure (if appropriate) that the knee joint fully locks before standing up in your brace.

There are many different styles of knee braces; you will be given the most appropriate brace for your condition.

The orthotics department has a patient initiated follow-up policy, which means you can contact us when you feel you need a review appointment. Your orthotist will advise you how often you should have your knee brace reviewed.

If you have any concerns regarding your knee brace please contact the orthotics department directly to seek advice or request a review appointment.

Name of Orthotist: .....

Contact details: .....



**The prevention of infection is a major priority in all healthcare and everyone has a part to play.**

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

## Wearing regime

Date	Length of Time knee brace should be worn
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

## What problems should I be aware of?

Your orthotist will go through putting on and taking off your knee brace. Please make sure that you understand this procedure and if you have any problems with this please contact the orthotics department for advice.

## Contact Details

### **Orthotics Department**

New Cross Hospital  
Wednesfield Road  
Wolverhampton  
WV10 0QP

Tel: 01902 694082

Opening times: 8:30am – 4:30pm, Mon – Fri

### **Orthotics Department**

Cannock Chase Hospital  
Assessment Unit  
Level 2  
Brunswick Road  
WS11 5XY

Tel: 01543 576626 / 6130

Opening times: 8:30am – 4:30pm, Mon – Fri

Reception phones are answered between 9:00am to 4:00pm

Email: [rwh-tr.orthoticservice@nhs.net](mailto:rwh-tr.orthoticservice@nhs.net)

## **English**

**If you need information in another way like easy read or a different language please let us know.**

**If you need an interpreter or assistance please let us know.**

## **Lithuanian**

**Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.**

**Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.**

## **Polish**

**Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.**

**Prosimy poinformować nas również, jeżeli potrzebowaliby Państwo usługi tłumaczenia ustnego lub innej pomocy.**

## **Punjabi**

**ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।**

**ਜੇ ਤੁਹਾਨੂੰ ਦੁਆਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।**

## **Romanian**

**Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.**

**Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.**

## **Traditional Chinese**

**如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。**

**如果您需要口译人员或帮助，请告诉我们。**