

Below Knee Irons (BK Irons)

Orthotics

Introduction

This leaflet is for people who have been prescribed with a BK iron. Your BK iron has been prescribed for you and should not be worn by anybody else.

Below knee irons (BK irons) are prescribed for a number of reasons including:

- To limit / stop abnormal or painful motion
- Provide support to weak or weakening joints
- To help control abnormal muscle tone to improve the way you walk

Your BK Iron has been prescribed and manufactured for your specific needs. Most BK irons are manufactured from leather and metal. There will be a leather band around your calf, which will attach into the sole unit of your footwear via one or two metal struts which may, or may not, include artificial joints.

Wearing your BK iron

You need to give yourself time to get used to your BK iron. Build up the amount of time you wear it each day until it is comfortable. Once you have built up tolerance to wearing the device, you should aim to wear it as much as possible to ensure control and support whilst you are walking and / or standing.

Caution

No part of the foot or ankle should be in contact with the metal side steels. If this is occurring, stop wearing your BK iron and contact the orthotics department for advice.

It is normal for there to be some red marking of the skin when you take off your BK iron around the calf band section. This should disappear within 20 - 30 minutes of removing the device. It is especially important to check your skin if you have altered sensation.

If you are experiencing discomfort or the skin is markedly red, bruised or broken please stop wearing the device and contact the orthotics department immediately for advice.

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.

Fitting

When putting on your BK iron it is normally easiest to connect the BK iron to your footwear and put both the footwear and the BK iron on at the same time. The calf band should be pulled snug to ensure the device does not move on the leg, but not too tight it is uncomfortable. Any additional straps adapted onto your footwear should be fastened tightly.

Footwear

To adapt footwear, boot or trainer for a BK iron, the sole unit must be firm and solid. A shoe with lace-up or velcro fastening that opens low will be more secure than a slip-on shoe.

Are there any types of footwear which are not suitable to be raised?

Please avoid footwear with the following:

- Air / gel holes in the sole unit
- Large grooves in the sole unit
- Very flexible sole units

Footwear which have a fastening such as lace-up or velcro are preferable.

Care

Please keep your BK iron well maintained:

- You can clean it with a damp cloth and towel dry
- Keep it away from direct heat
- Keep it away from pets
- If the velcro straps or leather become worn drop it into the orthotic department for repair
- Please do not try to adapt the orthosis yourself
- Your BK iron has been prescribed for you and should not be given to anyone else as this could cause them problems.

Review appointments

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 BK Iron reviewed.

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

Your orthotist is:

Contact details:

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Do I have to pay for my BK Iron?

No, BK Iron(s) will be prescribed on clinical need, however, if your BK Iron(s) is/are lost, stolen or damaged you may have to pay for replacements in line with Trust policy.

Contact Details

Orthotics Department

New Cross Hospital
Wednesfield Road
Wolverhampton
WV10 0QP

Tel: 01902 694082

Orthotics Department

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

Tel: 01543 576626 / 6130

The department opening times are 8:30 - 16:30

Reception phones are answered between 9:00 - 16:00

email: 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 ਦੁਭਾਸ਼ੀਏ 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。