

Wrap around knee brace



Information for patients

Orthotics



PROUD TO MAKE A DIFFERENCE

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



What is a wrap around knee brace?

The knee brace is made from an elasticated material.

It has metal hinges on either side of the knee and fastens with Velcro straps.

What is the brace for?

- To support the knee and help reduce pain in everyday activities when standing and walking.

How do I put the brace on?

1. Open the brace out with the widest part of the brace at the top.
2. Position your leg on the brace with the hole behind the knee.
3. Wrap the brace around your leg, making sure the metal hinges are in line with your knee, i.e. they bend where your knee bends.
4. Pull the sides of the brace around your leg and fasten the Velcro straps comfortably at the front.
5. Next fasten the top and then the bottom strap by threading them through the ring and back onto themselves to hold the brace in place.
6. These straps should be firm, but not so tight as to restrict circulation.

When should I wear the brace?

You should wear the brace as advised by your doctor or therapist.

If you have any problems

For example:

- Rashes
- Skin breakdown
- Loss of sensation
- Swelling
- Pressure or discomfort

Or, if the brace does not fit correctly or keeps slipping, you should contact the department for advice.

Cleaning the brace

- Check the washing instructions on the label or wash by hand in warm soapy water at 40°C.
- Do not tumble dry or dry over direct heat, as this will damage the elastic support.
- Fasten the Velcro straps before washing.
- Remove the metal hinges by pulling them through the opening at knee level.
- Take note of which way the hinges should be replaced.

Tell us what you think

Our team is always interested in your comments on the items provided and the service you receive.

Please feel free to phone or write to the manager, at the address below, if you wish to give us any feedback.

Orthotic Department

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- **0114 271 5807**

Opening times: Monday to Friday, 8.30am - 4.30pm



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