

Advanced Orthodynamics Inc.

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Guidelines For Your New Knee Orthosis

Please remember, this brace has been custom made specifically for you and you alone. Do not let anyone else wear it, as it may cause injury.

Your custom designed knee brace is constructed to realign your skeletal system to prevent or correct deformity and maintain optimal function. Because of this modelling or remodelling process, wearing your orthosis may be uncomfortable at first.

Rather than just fit you with an orthosis, your Certified Orthotist works to establish an ongoing relationship with you so that your overall function can be gradually and permanently improved. We do this by scheduling a follow-up appointment after your fitting and **encouraging you to call us whenever you feel that an adjustment is necessary**. There is no charge for this service during the first year. As OHIP does not cover the cost of any visits, appointments scheduled after that period are charged at the rate of \$50 per half hour.

We also schedule a six-month and an annual appointment for you so that we can check on your progress and make any final adjustments. Your orthosis is expected to last between two to five years, depending on wear.

How to Apply

1. Flex the knee approximately 30-50 degrees.
2. Apply the lower section below the calf and slide it up your leg until the metal joints are in line with your patella (kneecap).
3. The leg should still be flexed at a 30-50 degree angle. Bring the top portion of the brace over the thigh and work the skin and body tissue forward while working the brace into place.
4. Next, fasten the strap just below the knee so that it is snug without being uncomfortable. When the brace is comfortably in place on the leg, fasten the strap above the knee line, and then fasten the remaining two straps.
5. Your leg must get used to the brace, and your skin should be allowed to toughen in response to it. Because of this soreness occurs, leave the brace off for a day or so. If this condition persists, some adjustments may be necessary. **DO NOT WEAR THE BRACE IF IT IS CAUSING YOU PERSISTANT PAIN OR SORENESS.**
6. Your orthosis is a highly specialized device designed to suit your specific needs. As with any such device, it requires maintenance. We suggest that you see your Certified Orthotist every six months for a check-up and maintenance of your orthosis. The charge is normally \$50.00 per half hour after the first year unless there are major repairs which will be done upon your approval.

Your satisfaction is our primary objective. If you have any questions with regards to your orthotic management please feel free to contact us at the numbers above. Our web site also provides information on our services and products.

Wear & Care Instructions

The graphite knee orthosis is completely waterproof, so it may be cleaned by washing in mild, soapy water. Wipe the lining of the brace with a soft, soapy cloth. Rinse with warm water. Wipe excessive moisture off with a towel. Let the brace air dry. **DO NOT USE DIRECT HEAT** on the brace (i.e. placing over heating vents or in clothes dryer).

If you wish to clean just the exterior (outside) of the brace, it can likewise be rubbed gently with a soft, soapy cloth and then rinsed off.

To protect the vibrant colour of the brace or to restore its shiny finish, you may buff the exterior of the brace with Armour-All (be sure to use a soft cloth).

If you need to lubricate the joints, do so by working a small amount of petroleum jelly into them. Wipe away any excess and work the joint well. **DO NOT USE WD-40.**

If you have any concerns regarding your laminated knee orthosis, please contact our office. **DO NOT ATTEMPT TO MAKE CHANGES TO THE BRACE YOURSELF**, as this will invalidate your six-month warrantee.

Maintenance

Your orthosis is a highly specialized device designed to suit your specific needs. As with any such device, it requires maintenance. We suggest that you see your Certified Orthotist every 12 months for a check-up and maintenance of your orthosis. The charge is normally \$50.00 per half hour after the first year unless there are major repairs which will be done upon your approval.