Hinged Knee Brace

Your doctor has ordered a hinged knee brace to give your leg support and stability as you move.

- **Wear the brace as your doctor orders.** Most often you will need to wear the brace when you are out of bed. The brace should be worn against your skin with your clothing over the knee brace.
- The brace is often worn for 3 months, but the time can vary based on your condition.
- The physical therapist will adjust your brace and set it to bend and straighten as your doctor ordered.

**Putting the brace on your leg**

1. Open the brace, so it lays flat. Place it under your leg as you were shown by the physical therapist with the wider end under your upper leg or thigh.
2. Adjust the brace on your leg, so the dials are in the middle on either side of your knee.
3. Start at the bottom and wrap the pads around your leg. With the strap buckles on the outside of your leg, snap the buckle closed over the pads. Adjust the Velcro strap as needed.
4. Work up the brace to close all of the buckles.
5. You should be able to place 2 fingers between your leg and the brace. If not or if you have numbness or tingling after a few minutes of wear, the brace is too tight. Loosen the straps as needed to improve blood flow to make the numbness or tingling go away.

**Cleaning your brace**

If your brace gets dirty, spot clean it with a damp cloth. Lay it flat to dry.

**Call your doctor if you have:**

- New numbness, swelling or tingling in the leg and adjusting the straps does not help.
- Any questions or concerns.