

If you require a special edition of this leaflet

This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: pals.office@rjah.nhs.uk

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Information for patients OA knee brace



Orthotics

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You knee brace has been prescribed for you to reduce knee pain caused by Osteo Arthritis (OA).

OA is a common cause of knee pain. It causes gradual breakdown of the cartilage in your joints, causing the knee to become misaligned and a narrowing of the joint space. This eventually results in the bones starting to rub and grind together.

How the knee brace works

The knee brace realigns the knee joint by applying a three point pressure force system to increase joint space in the affected area to stop the bones grinding together.

There are various knee braces suitable for the treatment of OA. Generally they consist of a metal or plastic frame with hook and loop fastening straps to secure the brace in place.



Fitting

With the knee bent to 80 degrees, align the joint of the knee brace with your own knee. Attach the straps in the order specified by your orthotist. The straps should be secured tightly to stop the brace from sliding down, but not so tight they cause discomfort. There may also be a way to alter the corrective support of the brace. Adjust this to a level that feels supportive and comfortable. This would have been demonstrated by the orthotist.

Wearing your knee brace

You will need to build up the wear of your knee brace each day until it is comfortable. Once it has been broken in, you should wear it as your Orthotist/Consultant has prescribed to meet your specific needs. As a general rule, the knee brace should be removed for bed.

Caution!

There may be some red marking of the skin when you remove your knee brace, this is normal and the marks should disappear within half an hour. It is especially important to check your skin regularly if you have altered sensation. If you experience any of the following, stop wearing your knee brace and contact the Orthotic Department:

Swelling

- Loss of sensation
- Persistent discomfort/pressure
- Skin breakdown

Care

You should wash your knee brace on a regular basis. Most knee braces have removable padding. This can be removed and hand washed in lukewarm soapy water. Make note of where the padding is situated before removing. Do not put the soft padding in a tumble drier or dry over direct heat. The rest of the brace can be wiped down with a damp cloth and left to air dry.

The Robert Jones and Agnes Hunt Orthopaedic Hospital / Tel: 01691 404442

Below are the opening times for the department for dropping off/collecting footwear and appliances. Please note the contact telephone number is available throughout normal working hours.

| | | |
|--------------------|------------------|-----------------|
| Monday to Thursday | 9.00am – 12.30pm | 1.30pm – 4.30pm |
| Friday | 9.00am – 12.30pm | Closed pm |

The Royal Shrewsbury Hospital / Tel: 01743 261000 Ext: 3701

| | | |
|--------------------|------------------|-----------------|
| Monday to Thursday | 9.00am – 12.30pm | 1.30pm – 4.00pm |
| Friday | 9.00am – 12.30pm | Closed pm |

The Princess Royal Hospital / Tel: 01952 641222 Ext: 4224

| | | |
|--------------------|-------------------|-----------------|
| Monday to Thursday | 9.00am – 12.30pm | 1.30pm – 4.00pm |
| Friday | 9.00 am – 12.30pm | Closed pm |

Please note we are only able to offer appointments at the site you have been referred to by your consultant/G.P. even if this isn't the most local to your home address.