**Knee Orthosis (KO) Care and Use Guide**

You have received your new orthosis which was designed and custom made especially for you. Please refer to the following instructions for the care and use of your new brace.

**Application:**

* Your physician has prescribed a knee othosis for you and your specific condition will determine which type of brace you receive. Each design has its own special features and its own specific way to be put on properly
* The orthotist providing the brace will demonstrate the proper way to put on the knee orthosis on to make the best use of the design features of the device.
* There may also be literature provided from the manufacturer of the orthosis for more information if interested.

**Wearing Schedule:**

* The amount of time you will wear your brace per day and during which activities wil depend on your physician’s orders.

**Skin Maintenance:**

* If at any time you notice redness or skin irritation that does not go away with in 30 minutes of taking off the brace, contact your orthotist immediately for adjusments.

**Orthosis Care:**

* Your knee orthosis should be cleaned regularly with alcohol spray or mild soap and water. For best results, use a damp cloth; do not soak the brace in water and towel or air dry.

If at any time your orthosis becomes cracked or broken down, see your orthotist for repairs or replacement.

Contact your orthotist with any questions or concerns.