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Knee Orthosis Wear-In Instructions

You have been fit with a Knee Orthosis (KO). Unless otherwise instructed, please use a gradual wear-in schedule to allow your body to get used to the device. Start with an hour today. Increase the wear time by an hour each day as tolerated. Following use, remove your orthosis and inspect your skin. There may be some skin redness from pressure areas. Redness should not persist for more than 15 minutes after removal. Discontinue use also if any sign of numbness, tingling, color change, excessive itching, swelling, or pain develops. Please contact our office for adjustments and do not reapply orthosis. Failure to do so could lead to blisters or open sores.

The orthosis is designed to support your knee. It is to be worn during walking hours or the specific activities – you may need to discuss this with your doctor. Many people find their knee orthosis slips. This is usually because it has been placed too low on the leg. Knee joints should be lined up about even with the top of your kneecap. Straps should be applied snug, but not tight. Usually, a knee orthosis is worn directly next to the skin. Because of this, frequent cleansing is important. Your orthosis can be cleaned with a washcloth and mild soapy water. Saddle soap can be used on leather portions. Make certain all soap is removed and the orthosis is completely dry before reapplying.

Make sure that you are comfortable with how to properly put on and take off your orthosis. Never attempt to modify your orthosis yourself.

Please inspect your orthosis daily for any signs of wear including: cracking, loose parts, or decreased effectiveness of the device and call our office as needed. A yearly check up is recommended.

These instructions have been explained to me and I have been given a written copy of them to take home.

Patient Signature: _____ Date: _____

Please contact us if you have any questions

UNC Hospital Office: 919-966-4630

UNCH Prosthetics/Timberhill Pl. Office: 919-945-0215