

## Knee Orthosis (KO)

A Knee Orthosis (KO), sometimes called a “knee brace” is a custom made brace used to support ligaments, immobilize the joint, or correct the position of your knee. Your KO may perform some or all of these functions. A KO may be made of metal, carbon graphite or a combination of materials.

### How To Use Your Knee Orthosis

- You can wear a cotton sock between your skin and the brace. The sock should be long enough to cover your entire knee orthosis. Your orthotist may have provided you with a special full length sock to wear. The sock will absorb perspiration and help protect your skin.
- When you first try to walk with your brace, you may feel awkward stiff feeling. Practice in your home or with a physical therapists before you walk outside.
- Begin wearing your brace for one hour at a time, then take it off and rest your leg. Alternate wearing the brace and resting your leg for the first day.
- Check your leg for any red pressure areas. Any reddened area that does not fade after 20 minutes should be watched carefully. This is especially important for patients who are diabetic or have poor sensation in their leg. Call your orthotist if you have any concerns.
- Do not become discouraged if you feel an adjustment if needed, A minor adjustment might be needed to ensure a good fit. Call your orthotist to discuss this.

### How to Care for Your Knee Orthosis

- Clean the knee orthosis at least once a week using mild soap, and rinse well.
- Metal joints will require periodic lubrication. Ask your orthotist what type of lubricate to use.

### Important Notes

A KO is a specialized device. It is VERY important to keep all follow-up appointments made by your orthotist. Please call and schedule an appointment if any unexpected problems occur.

### Special Instructions (if Applicable)

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