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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: rjah.pals.office@nhs.net

Feedback

Tell us what you think of our patient information leaflet. Please send your comments to the Patient Advice and Liaison Service (PALS) email: rjah.pals.office@nhs.net

Please note that any device supplied by the Orthotics Department is property of the Robert Jones and Agnes Hunt Orthopaedic Hospital NHS Foundation Trust and should be returned to the department upon the end of its use unless advised otherwise. Do not dispose of any devices until they have been inspected by a member of the Orthotics team, or unless you have been informed to do so by a member of the team. In the event of loss or damage beyond expected wear, you may be asked to pay a replacement fee.

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design by Medical Illustration

Information for patients ROM Knee Brace



Range of Motion(ROM) Knee Brace

ROM knee braces are prescribed to restrict or limit motion at the knee joint for numerous reasons including:

- To protect the knee joint prior to surgical repair following injury
- To protect the knee joint following surgical repair
- To prevent instability due to weakness

How does the ROM knee brace work?

There is a ROM dial located either side of your knee joint, this dial will be set by your orthotist to restrict or limit motion as instructed by your consultant. Alternatively the knee joints can be locked in full extension so that you cannot bend your knee at all. This is done by pushing the red lock button above each ROM dial downwards. Your leg must be straight before the knee joints will lock.



When should I wear my ROM knee brace?

Unless otherwise instructed by your consultant you are to wear the ROM knee brace day and night. However, you will need to remove it for washing and skin checks.

Fitting

Once the ROM knee brace has been set up by your orthotist to take it off for washing purposes, you simply need to unclip the 4 clips located on the left hand side of each strap. While your knee brace is off you must maintain your knee position as it is set with the knee brace on. When putting the ROM knee brace back on ensure the ROM dials are positioned either side of your knee joint so that the artificial knee joints and your knee joint work together.

Wear the ROM knee brace either next to your skin or over tight fitting clothing such as tights or leggings. The ROM knee brace must not be worn over baggy clothing as the clothing will crease and may cause skin to become sore.

Adjusting the Fit

If you initially have swelling that goes down resulting in your brace becoming too big you will need to adjust the ROM knee brace to gain a good fit. To do so start by tightening the back straps by pulling down the hook and loop fastening tab on the right hand side of each strap and pulling the excess strap through and then re-stick the hook and loop fastening tab. Once this has been done you now need to tighten up the front of each strap by lifting up the hook and loop fastening tab at the end of each strap and pulling the strap further through the buckle. The hook and loop fastening straps must then be stuck back down. The ROM knee brace must be a snug fit, do not over tighten straps.

What to do if your knee brace slips down

Due to the shape of legs being wider at the top then at the bottom, unfortunately knee braces do have a tendency to slip down throughout the course of the day. If this happens unfasten the ROM knee brace and reapply in the correct position ensuring straps are snugly fastened.

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.

RECEPTION OPENING TIMES

Monday – Thursday, 8.15am – 5pm

Friday, 8.15am – 4.45pm

GENERAL ENQUIRIES

Monday – Thursday, 8.45am – 5pm

Friday, 8.45am – 4pm

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

Monday – Thursday, 9am – 4pm

Friday, 8.30am – 3pm

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

Monday – Thursday, 9am – 4pm

Friday, 9am – 12.30pm

ALL SITES ARE CLOSED FOR LUNCH 12.30PM – 1.15PM

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.