

Information for patients

Below Knee Irons



Orthotics

Below knee irons

Below knee irons (BK irons) are prescribed for a number of reasons including:

- To limit /stop abnormal or painful motion
- Provide support to weak or weakening joints
- To help control abnormal muscle tone

Your bk iron has been designed to provide support and comfort, to improve your walking pattern. It is prescribed and manufactured for your specific needs. Most BK irons are manufactured from leather and metal. There will be a leather band around your calf which will attach into the sole unit of your shoe via one or two metal struts which may or may not include artificial joints.

Wearing your BK iron

You need to give yourself time to get used to your bk iron. Build up the amount of time you wear it each day until it is comfortable. Once it has been broken in you should aim to wear it as much as possible to ensure control and support.

Caution

No part of the foot or ankle should be in contact with the metal side steels. If this is occurring discontinue wearing your bk iron until you have contacted the department for advice. It is normal for there to be some red marking of the skin when you take off your BK iron around the calf band section. This should disappear within half an hour or so. It is especially important to check your skin if you have altered sensation.

If there are persistent red marks or blistering, discontinue wearing your bk iron until you have contacted the department for advice.

Fitting

When putting on your bk iron it is normally easiest to connect to your shoe and put both on at the same time. The calf band should be pulled snug to ensure the device does not move on the leg, but not too tight it is uncomfortable. Any additional straps adapted onto your shoe should be fastened tightly.

Footwear

To adapt a shoe for a Bk iron the sole unit must be firm and solid. A shoe with lace or hook and loop fastening, that opens low will be easier to put on than a slip on shoe.

Care

- Please keep your bk iron well maintained:
- You can clean it with a damp cloth and towel dry.
- Keep it away from direct heat.
- Keep it away from pets.
- If the hook and loop fastening straps or leather become worn drop it into the Orthotic department for repair.
- Please do not try to adapt the orthosis yourself.
- Your bk iron has been prescribed for you and shouldn't be given to anyone else at this could cause them problems.

Should you have any queries regarding your bk iron please do not hesitate to contact us. Please only contact the department where you are due to have your appointment or have already been seen, other sites will not be able to deal with your enquiry and you will be asked to ring the appropriate hospital.

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, 8.15 am – 5.45 pm

Friday, 8.15 am – 4.45 pm

GENERAL ENQUIRIES

Monday – Thursday, 8.45 am – 5 pm

Friday, 8.45 am – 4 pm

CLOSED FOR LUNCH 12.30 pm – 1.15 pm

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

Monday – Thursday, 8.30 am – 4 pm

Friday, 8.30 am – 3 pm

CLOSED FOR LUNCH 12.30 pm – 1.15 pm

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

Monday – Thursday, 9 am – 4.30 pm

Friday, 8.30 am – 12.30 pm. Closed pm

CLOSED FOR LUNCH 12.30 pm – 1.15 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.

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: 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

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**The Robert Jones and Agnes Hunt
Orthopaedic Hospital NHS Foundation Trust,**
Oswestry, Shropshire SY10 7AG
Tel: 01691 404000
www.rjah.nhs.uk