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(800) 848-8866

Guidelines For Wearing And Caring For Your Post-Op Range of Motion Knee Orthosis

General Information

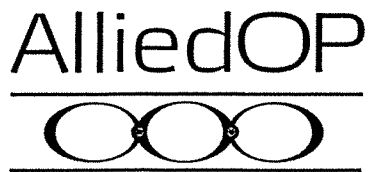
Your Post-Operative Range of Motion Knee Orthosis (ROM KO) will help to maintain the proper alignment and range of motion of your knee joint. Proper alignment is important since you are using this brace before surgery to prevent further injury or post surgery to promote healing. Following these instructions and guidelines will help to insure the orthosis is providing the best possible outcome

Wear Time

Unless otherwise instructed by your doctor or orthotist you are to wear this knee brace full time. The orthosis should only be removed once a day for hygiene purposes, and a clean sock should always be worn underneath the ROM KO.

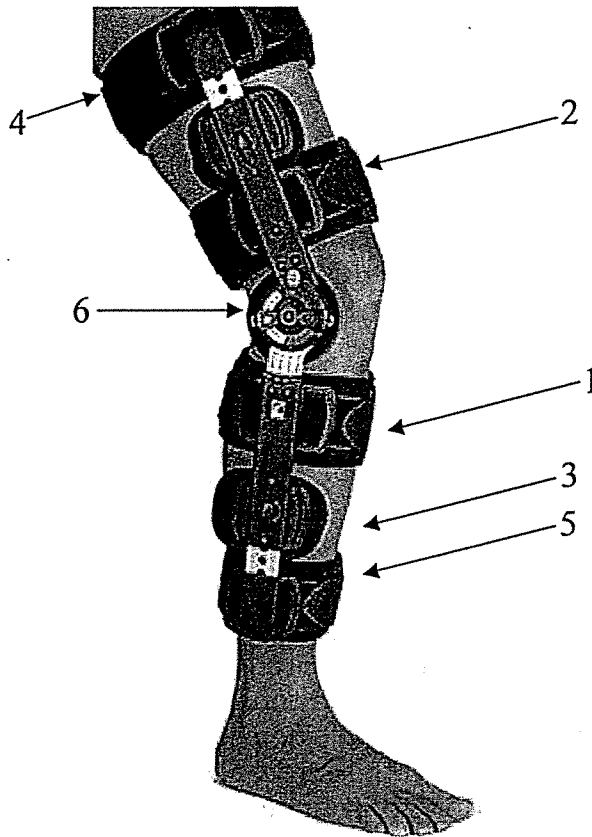
Putting On Your Brace and Taking it off

1. Sitting in bed with the brace open and lying flat place the affected leg in the middle of the brace insuring the knee cap lines up circular foam pads covering the hinges.
2. Close the bottom foam liner followed by the top.
3. Insure the hinges are parallel to each other before proceeding.
4. Loosen the Velcro straps and first clip the strap below the knee.
5. Lift the Velcro strap and pull it tight, this should be the tightest strap on the orthosis as it helps to insure the brace stays on the leg.
6. The 2nd strap is the one above the knee, clip it closed and pull the Velcro snug, but not as tight as the 1st strap
7. The 3rd strap is the one right below the 1st strap (1 below the knee cap) clipping and tightening as with the 2nd
8. The 4th strap is the one right above the 2nd strap (1 above the knee cap) clipping and tightening as with the 2nd and 3rd
9. The 5th strap is the one right below the 3rd strap (2 below the knee cap) clipping and tightening as with the 2nd 3rd and 4th straps
10. If your orthosis has a 3rd strap above the knee this is now the time to clip it closed and tighten it, but do not tighten it too much since it will push the brace down if it is too tight.
11. The last strap is the most important strap and is located behind the knee cap. When walking make sure this strap is pulled tight since it helps to suspend the brace. It can be loosed when sitting. **THIS IS THE MAIN SUSPENSION STRAP FOR THE ORTHOSIS**
12. If the brace slides down open the brace and reapply.
13. To remove the brace unclip the straps by squeezing the clips, making sure not to release the Velcro. Open the liners. With the brace lying flat and open you can remove your leg. Re-clip the straps when it is not being worn.



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Cleaning and Maintenance

1. The orthosis should be cleaned by spraying it with rubbing alcohol and wiping dry to remove the body oils and residues. It can also be cleaned by wiping it out with a damp towel and anti-bacterial soap or towelettes.
2. The brace should not be immersed in water, as it will cause damage to the straps and fasteners. Excessive heat will damage the plastic and foam so keep the orthosis away from heat sources. Never attempt to wash the orthosis or foam liners in the washing machine or dry in the dryer.
3. The foam liners can be pulled out of the orthosis if necessary for cleaning. They should be hand washed in warm water using a mild detergent, rinsing well and drip drying.
4. If additional liners are needed please contact the orthotist.

Remember...

Never attempt to repair or adjust your ROM KO yourself. Contact AlliedOP whenever you need any help, have any questions, or problems.