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To use the Text Relay service, prefix all numbers with 18001.

اگر نیاز به ترجمہ دارید، لطفاً با شماره 01932 723553 تماس بگیرید.

ने दुगठु उत्तमे ची लेंड वै उं विरथा वरवे इस नंघर उे बेन वरवे: 01932 723553

اگر آپ اس کا اردو زبان میں ترجمہ چاہتے ہیں، تو براہ کرم اس فون نمبر 01932 723553 پر رابطہ کریں

Se precisa de uma tradução por favor contacte: 01932 723553

আপনার অনুবাদের দরকার হলে এখানে যোগাযোগ করুন : 01932 723553

यदि आपको अनुवाद की ज़रूरत है तो कृपया इस नंबर पर फोन करें: 01932 723553

Jeżeli chcemy, aby te informacje w innym języku, proszę zadzwonić 01932 723553

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Hinge Knee Brace

Physiotherapy - Orthopaedics



Purpose of the Hinge Knee Brace

- Provide Protection
- Fix the amount of flexion (bending) and extension (straightening) at the knee
- Restrict certain movements, such as twisting

Your consultant or physiotherapist will tell you how long you need to wear the brace for, and at what degree of flexion and extension. This will be sized and fitted by a Physiotherapist or in theatre.

Dependent on your type of injury, you may be referred to an Outpatient Physiotherapist to guide you through your rehabilitation and advise you on further management of the brace.

Your brace instructions:

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Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty.

If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

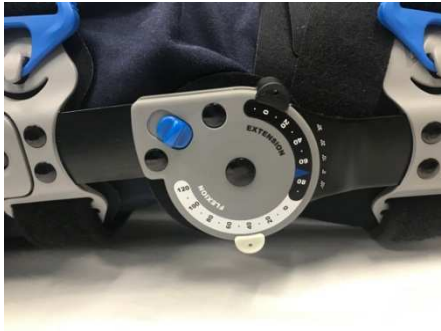
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Switch up - unlocked position



Fitting of your brace

Your brace will be fitted by a Physiotherapist. The fitting will be dependent on your injury type and instructions from you consultant

Occasionally these braces slip down whilst you are walking/moving. If this occurs, unfasten the straps, reposition the brace and re-fasten to a snug fit.

Hygiene

You cannot wash with your brace on it as it cannot get wet. To wash your leg, place your leg on the bed and unfasten straps. Wipe with a flannel or wet wipes.

What to look out for when wearing your brace:

- Skins irritations
- Red markings
- Swelling
- Increased pain, numbness or tingling

Application of your brace



Hold the brace up, the wider part of the brace should be around your thigh, and the black foam cuff should be around your calf.



Once your leg is correctly lined up in the brace, fasten the straps above and below the knee

Then fasten all other straps; you need to ensure each strap is not too tight, you can check this by putting a finger under the strap. If you are unable to slip a finger under, it is too tight.

The dial shows you the fixed extension and flexion. The blue switch unlocks and locks the dial.



Then place your leg in the brace, with your knee at the level of the round foam pads.

Then fasten the black foam cuff below your knee.



Switch down - locked position