

## LIGAMENT KNEE ORTHOSES

A ligament knee orthosis is designed to protect the knee after injury. It is used to provide stabilization and reduce stress on the ACL, PCL, MCL, and/or LCL ligaments. The ligament knee orthosis also reduces stress on the meniscus. There are many types of ligament knee orthoses. Your physician and/or Orthotist will help decide which one will be the most appropriate for your body type and activity level. This knee orthosis should only be worn by the person for whom it was prescribed, custom fit, or custom fabricated and only according to physician's instructions.

### Application

1. Sit with leg slightly extended.
2. Open all straps on the knee orthosis.
3. Apply to leg with the mechanical knee joints centered on both sides of the knee approximately even with mid-patella. (This position may vary some, patient to patient, so be sure to follow the specific instructions of placement from your orthotist)
4. Secure straps snug. If the straps are too loose, the orthosis will not provide adequate support and protection and may start to slide towards your foot.

### Wearing Instructions

Follow the instructions from your physician. Some ligament knee orthoses must be worn during all daytime activities to provide support and protection. In other cases the knee orthosis may only need to be worn during specific activities. It is important to check with your physician regarding your specific wearing schedule. This orthosis is not designed for use while sleeping.

### Care Instructions

The pads inside the orthosis can all be removed for cleaning. Simply peel the pads off of the Velcro. Hand wash in cool to warm water, with mild detergent. Rinse pads thoroughly, pat dry with a towel, and then air dry. Do not leave the pads sitting on top of or wrapped in a towel. Once the pads are completely dry, place them back inside the knee orthosis. The outer frame can be wiped with a damp cloth.

Please call your Orthotist and your nearest Westcoast Brace & Limb facility with any questions or concerns.



**North Tampa  
(Corporate Office)**  
5311 E. Fletcher Ave  
Tampa, FL 33617  
813-985-5000

**Palm Harbor**  
3343 Tampa Road  
Palm Harbor, FL 33684  
727-785-0100

**West Tampa**  
2727 W. Dr. M.L.King Jr. Blvd  
Suite 690  
Tampa, FL 33607  
813-354-0100

**St. Petersburg**  
4021 Central Ave, Suite C  
St. Petersburg, FL 33713  
727-323-9500

**Brandon**  
620 Oakfield Dr.  
Brandon, FL 33511  
813-684-5525