North Cheshire and Mersey
NHS Foundation Trust

Your ROM knee brace

Orthotics

Information for patients and carers

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Introduction



Your range of motion (ROM) knee brace helps to support, stabilise and protect your knee by limiting how much it can move. It is used after an injury or surgery to protect the knee joint and surrounding tissues while they heal.

The brace is used to manage fractures and ligament or tendon injuries in and around the knee, including:

- distal femoral (lower end of thigh bone) fractures
- patella (kneecap) fractures
- tibial plateau (top of the shin bone) fractures
- patella or quadriceps tendon repair (above or below the kneecap)

Your doctor will have told you:

- how much movement is allowed in your knee
- how much weight you can put through your leg when walking (for example, full weight bearing, partial weight bearing or non-weight bearing)
- how long you will need to wear the brace

Please note: The brace will be set up and adjusted in hospital. Do not change the settings unless advised by your consultant, physiotherapist, or orthotist.

How to put your brace on



1. Lie flat on a bed, if possible.

2. Open the brace fully and lay it flat.

3. Place the brace behind your knee with widest part at the top of your thigh.

4. Make sure the round knee sections are centred over your knee.

5. Wrap the 4 wide straps around your leg, holding them firmly in place.

6. Pull each Velcro® strap through the loop and fasten securely, so it feels comfortable but supportive.

Do **not** change the dials, unless your clinician tells you to do so.



How to remove the brace

You should always wear your brace, including at night, unless your consultant tells you otherwise.

You may need to undo or remove the brace for personal hygiene, dressing or skin checks. To remove it:

- keep your leg straight, ideally while lying on a bed
- unfasten the Velcro® straps and remove them from the loops

Care instructions

You can clean the brace with a damp cloth and mild detergent.

Allow it to air-dry fully before putting it back on.

Further information

If you have any questions or concerns about the fit of your brace, please contact the Orthotics Department on 01925 662446 (Monday to Friday, 8am to 4pm).

If you have concerns outside these hours, contact your GP, NHS 111 or go to your nearest Emergency Department (A&E).