

Wrist Orthosis/Knee Orthosis/ Spinal Orthosis: Use and Wearing schedule for Thermoplastic Brace

Start using the brace for 20-30 minutes and add more time each day as instructed by your Orthotist. Do not use brace for longer time even if this is not your first-time brace. Body needs time to get used to the brace. Your Orthotist will discuss your personal wearing schedule at your fitting appointment.

All the straps should be secured firm enough but not too tight.

After taking off the brace, check for any red marks on the skin. If the redness stays even after 30 minutes, discontinue using the brace and contact our office to schedule an appointment to see your Orthotist as your brace may need to be adjusted. For rash/ severe pain / other reactions contact your Doctor immediately. Patients with Diabetes and the other neuropathy conditions should make more efforts to monitor the skin, pressure points. Visual inspection of your skin and foot is recommended once a day.

For Knee Orthosis - the mechanical knee joint centre must align with the centre of your knee joint. Which is the widest part of the knee joint.

For Spinal Orthosis: Discuss with your Orthotist the specific instructions.

For Wrist Hand Orthosis: The Brace may be used during night time. Discuss the specific instructions with your Orthotist.

For your own safety, do not drive a vehicle while wearing the brace unless vehicle is modified and/or agreed by your Doctor.