

About your knee brace

Surgical Appliance Office
Tel: 01271 322492

Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language please contact the PALS desk on 01271 314090 or at ndht.pals@nhs.net.

About knee braces

There are many different knee braces available, ranging from simple elastic/neoprene pull-on supports to a more complex type made of carbon fibre for sporting activities. The orthotist will select the right type for your condition. The aim of the brace is to do one or more of the following:

- Relieve pain
- Control deformity
- Support ligament damage
- Generally aid daily living

Soft knee braces

These can start with simple elastic/neoprene pull-on braces, some of which will have added support in the way of sprung bones or metal joints. They are used to help in conditions such as osteoarthritis, slight ligament strains, and kneecap (patella) misalignment. This type of knee brace has a limited life span, and may need replacing. This can be done by contacting the Surgical Appliance/Orthotic Department.

Hard knee braces

These are usually for more serious knee conditions, which require a lot of support, such as severe ligament damage, severe osteoarthritis and severe deformity. They are more difficult to use and must be fitted as instructed by the orthotist.

How do I use the knee brace?

It is important to use your knee brace as instructed by the orthotist. If you feel that the brace is no longer fitting properly, then contact the Appliance/Orthotic Department for an appointment.

Further information

If you have any questions or need more information, please contact the Surgical Appliance/Orthotic Department on 01271 322492.

PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email ndht.pals@nhs.net. You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at www.careopinion.org.uk.

Northern Devon Healthcare NHS Trust
Raleigh Park, Barnstaple
Devon EX31 4JB
Tel. 01271 322577
www.northdevonhealth.nhs.uk

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