Outstanding Care, Compassionate People, Healthier Communities

NHS Sherwood Forest Hospitals NHS Foundation Trust

INFORMATION FOR PATIENTS

Range of Motion (ROM) knee brace

This leaflet is intended as further help to patients who have been supplied with a range of motion (ROM) knee brace.

If advice in this leaflet differs from what you have been told on the ward or in clinic, wear as directed by the physiotherapist/orthotist, as this will be specific advice to your individual needs.

Your ROM knee brace
ROM knee braces are prescribed to restrict or limit motion at the knee joint.

This may be necessary to:

- Protect the knee joint prior to surgical repair following an injury.
- Protect the knee joint following surgical repair.
- Prevent instability due to muscle weakness.

How it works
There are a variety of ROM knee braces; however, all have a ROM joint on either side of your knee joint. This dial will be set by your physiotherapist/orthotist as instructed by your consultant.

Occasionally the joints will need to be locked in full extension so that you cannot bend your knee at all. This is done by pushing the lock buttons on the ROM dial downwards. Your leg must be straight before the knee joints will lock.

When should I wear my knee brace?
You should wear your ROM brace all the time unless instructed otherwise by your consultant. You will, however, need to remove for washing and skin checks daily on a regular basis.

You should make sure you remove your brace at least twice a day to ensure there is no skin damage. When removing the brace, keep the knee straight and well supported, for example on your bed or sofa. If you notice any skin damage or irritation, please contact either the orthotic or physiotherapy department or your GP.

Fitting
Once the ROM brace has been set up for you by the physiotherapist/orthotist, you can remove it by undoing the four straps attached to the brace. While the brace is off you must maintain your knee position, as it has been set with the knee brace on.

When re-applying the ROM brace, ensure that the ROM dials are positioned at either side of your knee joint. The brace joint should bend when your knee joint does so.

The brace should preferably be worn directly against the skin. However, if you feel you need something in between the brace and your skin, this should be tight fitting clothing such as tights or leggings. If the ROM brace is worn over baggy clothing the clothing may crease and cause skin sores, it will also increase the likelihood of the brace slipping down the leg.

Adjusting the fit
If you initially have swelling that goes down, this will result in the brace becoming too big and you will need to adjust the ROM brace to gain a good fit.

To do so, start by tightening the back straps by pulling through the side tabs, reattaching it once the desired tightness has been obtained. The resulting excess strap needs to then be pulled through the clip attachment to make the front more secure.

A video demonstration of how to fit and adjust the brace can be found at: https://www.youtube.com/watch?v=-QH61llrCGc or the QR below.

X-ROM

Do not adjust the ROM dial unless instructed how to and demonstrated by your physiotherapist.

Do I need to adjust my brace?

Yes ☐ No ☐

When?

Date to adjust the brace:
……..

Adjust the brace to:

……..

Date to adjust brace:
……..

Adjust the brace to:

……..

Date to adjust brace:
……..

Adjust the brace to:

……

Your brace has been fitted by:

(Name) ……...

(Role) ……..

Contact details:

- Physiotherapy Department - (01623) 672384
- Orthotic Department - (01623) 676163.

Orthotic Services
Clinic 2
King's Treatment Centre
King's Mill Hospital
Mansfield Road
Sutton-in-Ashfield
Notts
NG17 4JL

Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222
Newark Hospital: 01636 685692
Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet (if relevant) please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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