

Foothills Prosthetics

1603 S Sterling St
Morganton, NC 28655
www.FoothillsProsthetics.com

Kevin A Wicker, CPO
kevinw@foothillsprosthetics.com
Phone: (828) 391-5164
Fax: (828) 391-5011

Knee Orthosis (KO) Care and Use Guide

The term KO is an acronym that stands for Knee Orthosis and describes the part of the body that this device encompasses. This device extends from approximately mid calf to mid thigh level.

There are many categories of KOs: Metal designs and plastic and metal designs. The metal design consists of a metal structure shaped to the limb and upholstered with leather at the points where the device makes contact with a person's body. The plastic and metal design is the one most frequently encountered today and is usually a plastic device custom molded to the person's body with metal components in key structural areas only. The reason for the increased use of the plastic and metal design is that it is lighter in weight and is considered to be more cosmetic.



Application:

Your physician has prescribed a knee orthosis for you and your specific condition will determine which type of brace you receive. Each design has its own special features and its own specific way to be put on properly. Please follow the instructions demonstrated by Foothills Prosthetics on how to properly wear the brace.

Wearing Schedule:

The amount of time you will wear your brace per day and during which activities will depend on your physician's orders.

Your physician has given you a specific wear schedule and it is as follows:

Skin Maintenance:

If at any time you notice redness or skin irritation that does not go away within 30 minutes of taking off the brace, contact Foothills Prosthetics.

Orthosis Care:

Your knee brace should be cleaned regularly with alcohol spray or mild soap and water. For best results, use a damp cloth and then towel or air dry; do not soak the brace in water

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If your brace becomes cracked or broken or if you have any question, please contact Foothills Prosthetics.