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COMBINED INSTABILITY KNEE ORTHOSIS ACL/MCL KNEE ORTHOSIS (KO) USE AND CARE INSTRUCTIONS

An Anterior Cruciate Ligament (ACL) Knee Orthosis (KO) is a brace designed to provide support or immobilization to your knee to protect a damaged ACL. This type of KO is also used for other knee injuries (PCL, MCL, etc.) and is known by other names such as Functional KO, Sports KO, or Rigid KO.

HOW TO USE YOUR HINGED KNEE ORTHOSIS

- There are several manufacturers and models of ACL KOs available. Your physician and your needs determine the style of KO you are provided with. The KO may be custom made or an off the-shelf.
- Most persons will wear their Knee Orthosis (KO) directly next to their skin. Each KO will have its own specific donning instructions, which your Orthotist will help you with.
- Position the KO with the center of the brace knee joint at the level of the center of your patella (kneecap). Fasten the straps of the KO as instructed. The straps should be snug.
- If you find that the KO is slipping down your leg you will want to tighten the strap that is just below and behind your knee.
- When you first begin to use your KO, it may feel awkward. But you should become used to it in a short time.
- It is VERY important to check your skin for any indications of excess pressure or reaction to the material. It is rare but some people do react to the materials used in the KO. If you are having any problems with this it is important to contact your Orthotist.
- Do not become discouraged if you feel an adjustment is needed. A minor adjustment might be needed to ensure a good fit. Call your Orthotist to discuss this.

HOW TO CARE FOR YOUR HINGED KNEE ORTHOSIS

- If the KO becomes soiled you can wipe it down with a damp cloth or with soap and water. Be sure to rinse off all soap residues. If there are removable liners they can be washed in a sink or basin, again being sure to rinse any soap out. Then line dry. You can also wipe the inside of the KO with rubbing alcohol. This will help prevent the KO from developing an odor.
- Metal joints will require periodic lubrication. Ask your Orthotist what type of lubricant to use.