

# Knee Immobiliser Brace (Richard Splint)

You have been prescribed a Knee Immobiliser brace to treat your injury. A Knee Immobiliser brace is used to prevent movement of the knee joint and it will hold your leg straight.

## How to put it on

### Step 1

- Lay out the brace under the leg with the long straps at the thigh and shorter straps below the knee
- Position your kneecap in the middle of the brace beside the two foam circles on the inside of the brace
- The brace may go either under or over your clothing depending on how loose your clothing is.



### Step 2

- Fold the large material flaps on both sides over your leg



- Thread the Velcro straps through the plastic loop on the other side to secure the brace to your leg.

### Step 3

- Check that the brace is on firmly, but that it is not uncomfortable
- You should be able to feel and see your kneecap through the hole at the front when the brace is fitted.



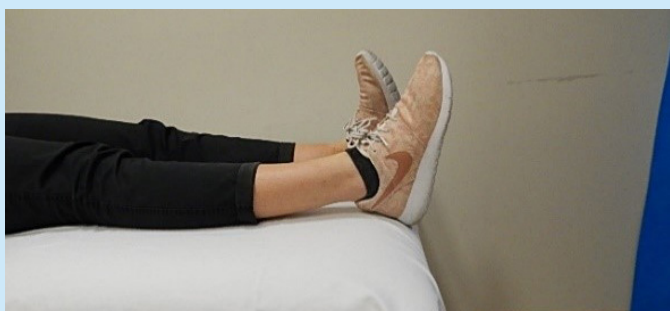
## Things to do

- **Check your skin regularly** – It is important that you regularly check the condition of your skin whilst in the brace. If you find any areas of red or broken skin, or if you experience increase in discomfort then see your GP immediately.
- **Correct fit of the brace** – It should feel firm. If it is too loose it will slide down your leg and if it's too tight it may cause complications like pins and needles. Adjust your brace as required with the straps.
- **Circulation exercises** – If your leg is straight for an extended period of time you may have an increased risk of developing blood clots in your leg. Complete the circulation exercises over page regularly with your brace on, to assist blood circulation.

## Circulation exercises



**Tighten muscles on top of thigh by pushing knees down into surface. Complete 10 times an hour.**



**Pump feet up and down, repeat 30 times on both legs every hour.**

## Signs to look out for

If you experience any of the symptoms below you should see your GP or visit the Emergency Department:

- New pain and tenderness in the calf or thigh area
- New or increasing swelling of the lower limb, ankle and foot
- Warmth and redness of the skin in the leg.

## Looking after your brace

- Keep your brace dry and clean
- If you are required to wear your brace in the shower cover it with a plastic bag
- You can spot clean your brace as required with a damp cloth.

## Weight bearing

Your doctor will advise you on how much weight you can put on your leg (NB: you may also need to use a mobility aid such as crutches while wearing the brace):

- ☐ Non-weight bearing: 0% of body weight through the affected leg
- ☐ Touch weight bearing: Less than 10% of body weight through the affected leg
- ☐ Partial weight bearing: You can place \_\_\_\_% of body weight through the affected leg
- ☐ Weight bear as tolerated: You can place 100% of your body weight through the effected leg.

## Wear your brace

After you have been fitted with your Knee Immobiliser it should be worn:

- ☐ At all times
- ☐ At all times, only remove personal cares (eg. showering)
- ☐ At all times, only remove for exercises and personal cares
- ☐ Only as required for comfort and light protection (reduce your use of the brace as soon as you are able)
- ☐ Other \_\_\_\_\_

## Other instructions

---

---

---

**If you have any questions or concerns about your knee immobiliser please contact the Physiotherapy Department on 4433 2370.**



Partnering with Consumers - This patient information brochure supports National Safety and Quality Health Service Standard 2. Consumers and/or carers provided feedback on this patient information.



© The State of Queensland (Townsville Hospital and Health Service) 2023, [creativecommons.org/licenses/by/3.0/au](https://creativecommons.org/licenses/by/3.0/au)

