

Range of Motion (ROM) Brace

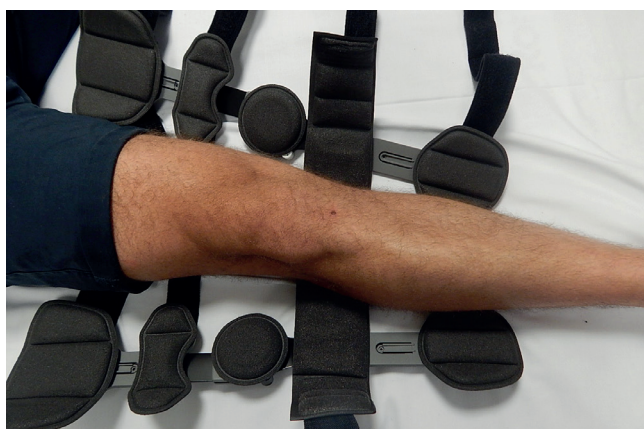
You have been prescribed a ROM brace to support and/or restrict knee movement during your recovery. A ROM brace has a metal hinge in the middle of the brace which can be locked to stop some bending and/or straightening of your knee depending on your injury.

This brace will be set to a specific range of movement by your orthopaedic surgeon/doctor/clinician – please do not adjust unless advised by your treating clinician.

How to put it on

Step 1

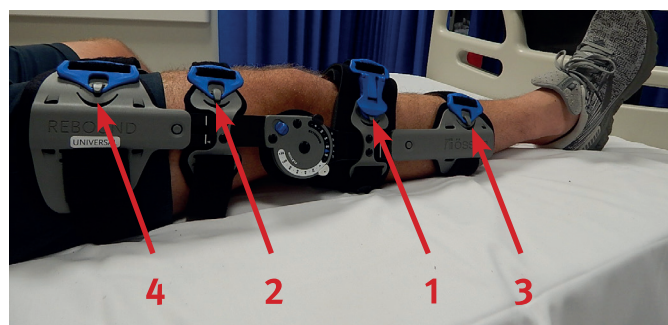
- Lay out the brace under the leg with the long straps at the thigh and shorter straps at the lower leg.
- Feel the joint line of the knee and position the hinge of the brace in line with it.
- The brace may go under or over your clothing depending on how loose your clothing is.



Step 2

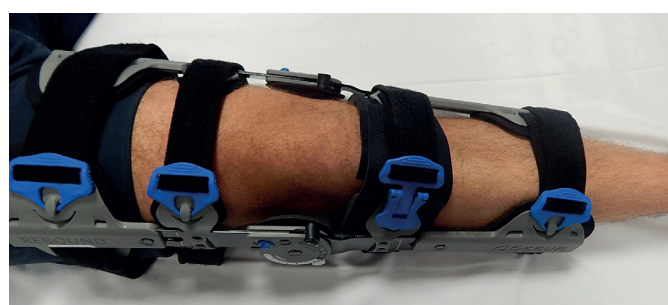
- Fasten the straps by placing the blue clip on the opposite grey hook in order from one (1) to four (4) as shown in the picture.

- Tighten or loosen the Velcro strap as needed so that the brace is secure on your leg.



Step 3

- Check that the brace is on firmly but that it is not uncomfortable.
- The most common problem is that the brace is too loose.
- If the brace slips down the leg when you stand you will need to tighten it further. It should not be so tight that it causes pins and needles or numbness in your foot.



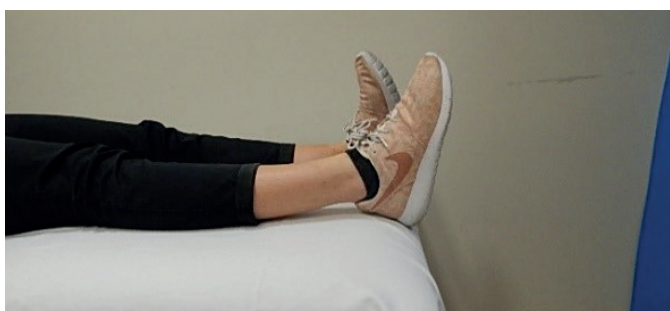
Things to do

- **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 below regularly with your brace on, to assist blood circulation.



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



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

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 on 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 how much weight you can put on your leg:

- ☐ 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 affected leg.

Wear your brace

After you have been fitted with your ROM brace it should be worn:

- ☐ At all times
- ☐ At all times, only remove for 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 ROM brace as soon as you are able)
- ☐ Other _____

Other instructions

If you have any questions or concerns about your ROM brace please contact the Physiotherapy Department on 4433 2370.



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