



PROPER BRACE PLACEMENT/APPLICATION FOR A BREG FUSION KNEE BRACE

*Sit on the edge of a chair with your knee slightly bent (similar to the position your leg is in when driving a car)

1. Unfasten all straps
2. Place the middle of the hinge/condyle pads at the top of the patella (knee cap)
3. Open the brace slightly and push the brace towards the back of your knee. The condyle pads should now be situated towards the back of the knee.
4. Beginning with the lowest strap with the BREG logo on it tighten each of the straps snug while securing the brace on your leg with the other hand. The straps need to be tight to keep your brace in place but should not be too tight to cause pain. This will take some getting used to, feeling the pressure of the straps on your leg, but it is normal.
5. You might need to re-tighten the #6 strap on the anterior thigh once you are standing, as your leg changes shape when you go from sitting to standing.

**For patients with an OA brace that has the adjustable dial on the side. The dial allows you to control the amount of push or unloading that your brace is providing. The numbers on top of the dial allow you to remember what setting you are on. Typically you will get this to a point that feels comfortable and is providing you some pain relief and you may never need to adjust it again. You may however want to experiment with different levels of push to see what feels right for you. Feel free to adjust this yourself as needed. The brace is unloading your knee by pushing on the opposite side to slightly re-align your knee and adjust where the weight bearing is in your knee. The force of the push is necessary to achieve the OA pain relief. This pressure may take some getting used to at first.

****It is important to note that all custom braces will take some getting used to. It is like a new pair of shoes that often require a break in period. Ease yourself into wearing it just a bit at first and then slowly more and more each day and week. You do not need to wear your brace all of the time just wear it when needed. When you can, it is important to give your leg a break from wearing the brace.**

CARING FOR YOUR BRACE

- You can hand wash all parts of your brace with water and mild soap, be sure to rinse and dry well. All padding and strap liners velcro on and off easily.
- When not wearing your brace fold the velcro straps back on themselves to keep debris from adhering to the velcro.

Further video instruction can be found at the following links:

Fusion Ligament Brace Application: https://youtu.be/dUnE_R1o_Bs

Fusion OA+ Brace Application: https://youtu.be/tRWW3m_mjn8