

## **TURNBUCKLE KNEE BRACE INSTRUCTIONS**

- 1) While laying down, apply the knee brace in its most shortened position using Velcro straps. Make sure the joints of the brace line up with the patient's knee joint. Also, make sure the straps closest to the patient's knee are tight.
- 2) Once applied, lengthen turnbuckle rod by rotating it. This will extend the knee into a stretched position. This should be done to patient tolerance and may vary slightly day to day.
- 3) Begin by having patient wear the device for short periods of time (15-20 minutes) and advance the amount of time worn daily as tolerated. The goal should be to wear the device 2 hours per day with maximum tolerated stretch. This can be done in any allowable schedule (i.e. four 30 minute sessions, three 45 minute sessions, etc.).
- 4) When finished, take off the device and return it to the shortest position in preparation for its next usage.
- 5) The device should be cleaned as needed using rubbing alcohol on the interior foam lining and wiped clean with a damp cloth on the exterior plastic.
- 6) Please call Streamline Orthotics at 314-289-9100 ext. 109 with any further questions.