



head to foot orthotics

Hinged Knee Orthosis



This brochure is intended as a source of information for patients, their family and friends. Questions are welcome, so please contact your Orthotist on the contact number provided.

What is a Hinged Knee Orthosis (HKO) for?

You have been provided with a Hinged Knee Orthosis to restrict and control the movement of your knee either after knee surgery or because your knee is injured. *Orthosis* is another name for an orthopaedic support.

Putting On

- You should wear the HKO under clothing if possible.
- Undo the straps of the HKO and lay it flat under your leg.
- Ensure the large circular hinges in the middle of the HKO line up with the middle of your kneecap on the sides of your knee.
- Ensure the black metal uprights are parallel to your leg and run down the middle of your leg if you were looking at them from side-on.
- Secure the straps immediately below and above the knee first. Then tighten all straps as firmly as comfortable or you will find the HKO slips down.

When to Wear

- At all times unless your Doctor, Physiotherapist or Orthotist gives you instructions otherwise.

Wearing Problems

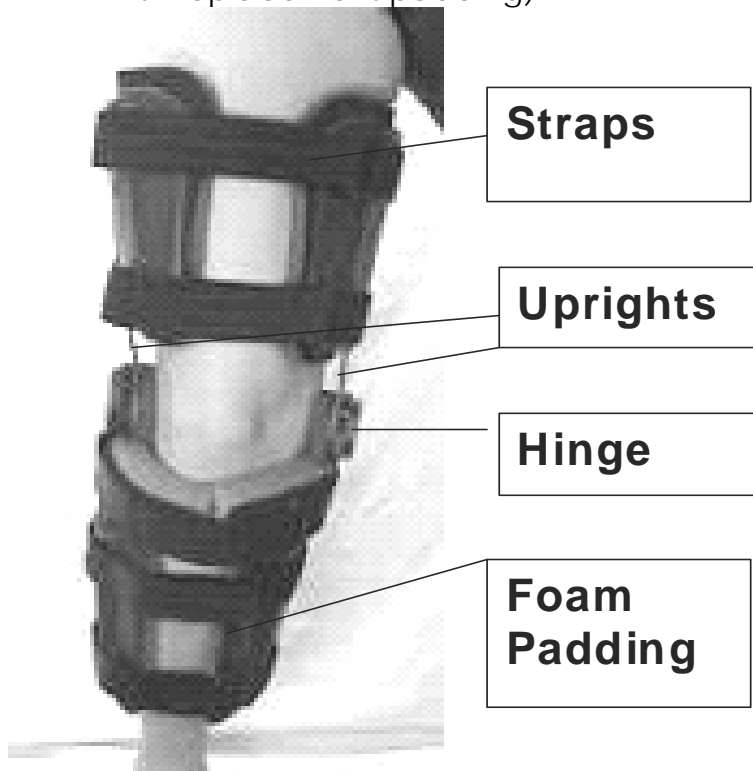
- Check the skin covered by the HKO for reddened or grazed skin and be aware of pain or rubbing caused by the HKO (**if you have diabetes be especially careful of this**). Prominent bones are the areas where this will most likely occur. **Contact your Orthotist ASAP if any of the above occurs.**

- Please don't adjust the circular hinges. This may adversely effect your treatment and recovery. Contact your Orthotist if these hinges are inadvertently adjusted or if your Physiotherapist / Doctor request them to be changed.

Contact your Orthotist if at any stage you think your HKO needs adjusting or repair.

Cleaning

- Don't wash the foam padding of the HKO unless instructed by your Orthotist.
- If you have to wear the HKO for an extended period (longer than 3 months, your orthotist can provide you with replacement padding).



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Further Details

Please contact if you have questions or require an appointment.



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