



9870 2284

Please call if you have any questions
or require an appointment

Individual Client Notes

Costs and invoicing

The service provided today will incur a cost. These will have been discussed with you if they are not covered by the hospital or a 3rd party funding body like TAC or Work cover.

An invoice will be sent to the address provided at the consultation. Payment details can be found on the invoice.

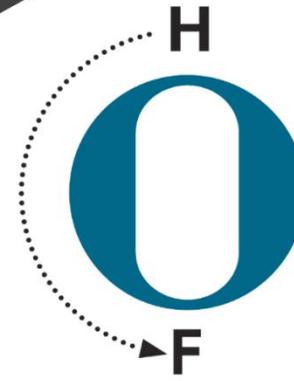
Please call if you are having trouble paying the invoice.

It is important that you attend any review appointments. If you are having any problems with your Orthosis, we may be able to fix it at your appointment.



Quality
ISO 9001

SAI GLOBAL



head to foot
orthotics



HINGED KNEE BRACE

You have been fitted with a Hinged Knee Brace. Correct use is important for the best result and your safety. Please note your orthosis is for **your use only**

How to put on your Hinged Knee Brace (HKB)

It is important that you put your HKB on correctly.

1. Undo the cuffs and straps on the HKB and place it underneath your leg.
2. Put the centre of the knee joint in line with the top third of your kneecap (see picture).
3. Fasten the black straps in the order shown.
4. To remove the HKB undo the black straps. Tip: fold the Velcro tabs back over to prevent tangling. Do Not separate the straps from the uprights

Problems?

Check your skin regularly. If you feel that your HKB is:

- Causing discomfort, redness or skin breakdown
- Broken or damaged
- Worn Out

Please contact the Head to Foot Orthotics as soon as possible to discuss the situation.



Wearing

- ✓ **Do** wear your HKB at all times or as directed by your Doctor or health practitioner.
- ✓ **Do** wear your HKB directly against your skin
- ✓ **Do** check your skin regularly
- ✗ **Do Not** wear over any pants or trousers.
- ✗ **Do Not** make any changes to your HKB. This can only be changed by your treating doctor or health practitioner.
- ✗ **Do Not** wear un-prescribed bandages, dressings or padding with your Knee orthosis.

Cleaning

- ✓ **Do** check brace for signs of loosening or damage and ensure Velcro straps are free of lint
- ✗ **Do Not** take apart HKB to be washed
- ✗ **Do Not** place your Knee orthosis in the washing machine or dishwasher.
- ✗ **Do Not** wear your Knee orthosis in the bath or shower unless covered by a sealed bag

Contact Head To Foot Orthotics immediately if you notice redness, broken skin or increase discomfort