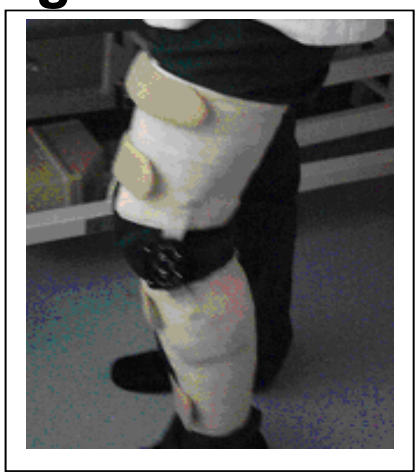
LIVING WITH YOUR FRACTURE BRACE

Here is a list of things you should and should NOT do and problems you should watch for while wearing a fracture brace.

Be sure to always follow your doctor's and occupational therapist's instructions exactly, in order to aid your recovery.

Hinged knee brace



Helpful advice

DO:

- Keep the brace and padding dry
- Tighten the brace regularly
- Wear a shoe on your fracture-braced leg. Trainers are best
- If you wear a heel cup – remove this every night
- Keep the joints above and below the brace moving, as instructed by your doctor
- Contact your occupational therapist if you experience any problems.

DON'T:

- Put anything inside your brace
- Cut, file or damage your brace
- Take part in any active sport
- Do any heavy lifting with the affected arm

Information for patients

KGH is a non-smoking environment	If you wish to make any comments or require a copy of this information in another format or language, please contact the PALS Office: Telephone 01536 493305 or email : PALS@kgh.nhs.uk

Other advice:

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WARNING

If you notice any of the following problems, call your occupational therapist **immediately.**

- Brace is too loose, cracked or broken
- Brace rubs or presses, causing irritation
- Brace is uncomfortably tight
- Excessive swelling develops above or below the brace
- Offensive odour develops from sores under the brace

Contact your doctor immediately if:

- Toes below the brace are numb and difficult to move
- Toes are discoloured
- Moderate discomfort changes to severe and constant pain

Your occupational therapist is: ……

Hospital telephone : ……..