

## **Wearing a Knee Support - Also called a Knee Immobilizer -**

---

### **Why do I need to wear a knee support?**

A knee support is used after a knee injury or knee surgery. It prevents your knee from bending so it can heal.

The doctor will tell you:

- how long you will wear it
- when you should wear it and when you can take it off for personal care
- if you should wear it to bed
- about exercises for your knee

### **How to put the support on:**

The support has Velcro straps:

- 2 straps go above your knee
- 1 strap goes across your knee
- 2 straps go below your knee



You can see your knee through the hole in the middle of the support. This hole is sometimes called a keyhole.

Pull the straps to fit around your leg.

If the support slides down your leg, you need to stop and adjust the straps.

### **When you are sitting or lying down:**

When sitting or lying down, keep your leg up on a chair. This will control swelling and help your knee feel more comfortable.

### **If you have questions or problems:**

- Call the Fracture and Orthopaedic Clinic at 905-522-1155 ext. 33271 Monday to Friday 8:30 a.m. to 3:45 p.m.
- If the Fracture and Orthopaedic Clinic is not open, contact your family doctor or health care provider.
- If you cannot find help, go to an Emergency Department.