

## **INSTRUCTIONS FOR KAFO FRACTURE BRACE USE**

### Precautions:

- Do not ambulate unless a shoe is worn over the brace
- Elevate the extremity while lying in bed
- Wear a fracture sock (2 provided) under the brace at all times, keep it clean and dry
- Follow doctors orders re: activity level, weight bearing, and use of the device, as well as movement of the knee

### Proper Application:

- Apply the KAFO so that the metal joints line up with the middle of the patients patella
- Align the brace so that it is not rotated on the patients leg
- Tighten the straps, from distal to proximal, to the lines indicated

### Tips:

- For added comfort, the brace may need to be raised to the proper level once or twice a day if it slips down.
- While in bed, the straps can be loosened slightly, but must be tightened prior to activity.
- It is not necessary to use the anterior Pelite foam pad on the tibial section, but it can be used

### Note:

The knee is in the locked position at this time per doctor's orders. The locks are secured with a set screw (a black screw on the front of the drop lock). The allen wrench to tighten the screw is taped to the medial knee joint. **DO NOT** unlock the knee unless the doctor so orders! Check the drop lock periodically to make sure they are secure

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