

Range of movement brace (Breg - T Scope ROM brace)

Orthopaedic casting outpatients department [Patient information](#)

You have been placed into a 'range of movement' brace. The brace should be removed at least once a day to check the condition of your skin and to wash your limb if you have been advised to (only wash the area not affected by wounds).

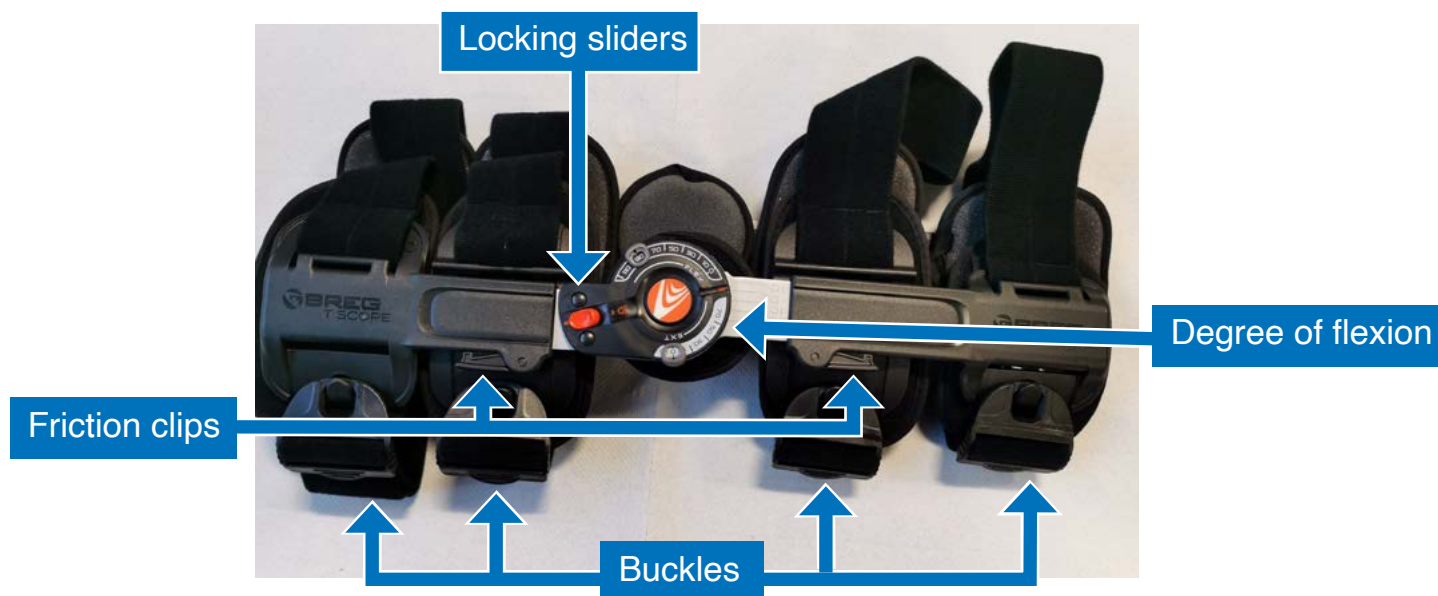
Do not remove the brace at any other time unless you have been instructed to do so by the practitioner.

You have been given full verbal instructions on safe removal and fitting by the practitioner. This is the same instruction in writing.

Make yourself or a carer familiar with the brace i.e. how it looks on your limb before removing it.

Fitting instructions

- Unclip the buckles and lift the opposing Velcro tabs holding the straps in place.
- Place the brace on the leg, with the dials in line with the knee and the straps are on the underside of the leg.
- Loosen the four friction clips on the side of the brace to change the length of the top and bottom section. Use the indicator on the metal bar to ensure all sides are consistent in length on the thigh and calf. Tighten when done. **This should be done for you by the practitioner.**
- Attach the buckles to the opposing side of the brace and tighten the straps to ensure the brace is supported.
- The practitioners should trim the straps to ensure correct length.



How to change the degree of movement

To change the amount of movement allowed at the knee, pull the grey sliders out of the 'flex' or 'ext' section to the required degree. The practitioner fitting the brace will advise if you need to do this. **If the brace should move but won't, check the red locking button to make sure it is unlocked.** Sometimes the button will catch on something and lock itself.



Any concerns?

If you have any concerns about the brace or your injury, give us a call on the number below or go to your nearest emergency department out of hours.

Contact details (Poole)

Plaster room

Telephone: **0300 019 2140**

Emergency Department

Telephone: **0300 019 2202**

Please note: Our telephone lines are open from 9am to 5pm however a 24-hour answerphone service is available and we will get back to you as soon as we can.

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To ask for this leaflet in larger print, please contact the patient experience team on **0300 019 8499** or email patientexperienceteam@uhd.nhs.uk.

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