

Instructions for range of movement brace

You have been placed into a 'range of movement' brace. The brace should be removed at least once a day to check skin condition and wash the limb (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 the limb before removing it.

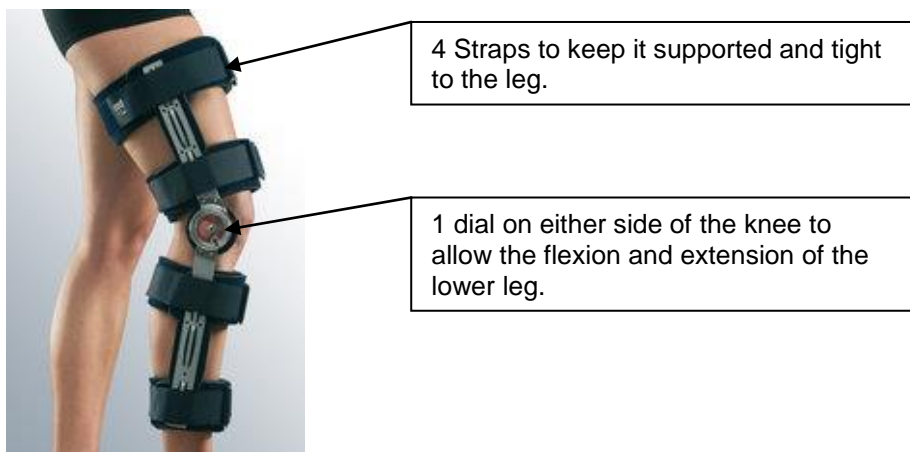
To remove the brace:

- unclip the plastic clips on each of the four straps
- then undo the soft Velcro pad and slide the brace from the leg

To reapply the brace:

- place the brace under the leg
- the metal bars should run parallel at each side of the affected limb with the circular dials sitting each side level with the knee cap
- close the foam pads
- clip the buckles in place and pull the Velcro strap taut to ensure the brace is supported in place
- the brace is now secure on the limb and should be comfortably supported and not too tight

Your brace will be set as requested by a doctor or practitioner. Please do not try to alter the settings unless you have been instructed to do so by the practitioner.



If you have any concerns or queries regarding your brace, please do not hesitate to contact us on the number below.

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.

Poole Hospital, Longfleet Road, Poole, Dorset, BH15 2JB

Author: **Gary Smith** Date: **December 2021** Version: **Four** Review date: **December 2024** Ref: **591/21**

t: 01202 665511 w: www.uhd.nhs.uk : @UHD_NHS : @UHDTrust : @uhd_nhs