

Wearing Bauerfeind Knee Support

How to wear the Bauerfeind Knee Support?



Image from <https://www.bauerfeind.com/b2c/Products/Knee-Braces/c/knee-braces>

1. Look for the white logo at the top. Locate the donning hooks at the sides.
2. Wear the knee support through the foot like a sleeve.
3. The centre of your knee should be located right under the blue line while the C-shaped viscoelastic pad surrounds the kneecap.



Image from <https://www.bauerfeind.com/b2c/Products/Knee-Braces/c/knee-braces>

4. To secure the BOA Fit-system, press the dial until you hear a 'click' to engage the system.
5. Turn the knob clockwise until you feel comfortable.



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6. Get up to walk to assess the knee.
7. If you feel additional relief is needed, continue turning the dial in $\frac{1}{4}$ turns until you feel no additional relief is needed.

How to remove the Bauerfeind Knee Support?



Image from <https://www.bauerfeind.com/b2c/Products/Knee-Braces/c/knee-braces>

1. Disengage the BOA system by pulling on it.
2. Locate the donning hooks, and pull the knee support down the leg like a sleeve.

***Disclaimer:** The brochure serves as a reference. Kindly check back with your Physiotherapist/ Doctor if you have any further questions.

Contributed by Physiotherapy, Rehabilitation, Allied Health Services

This brochure is produced for educational purposes and should not be used as a substitute for medical diagnosis or treatment. Please seek the advice of a qualified healthcare provider before starting any treatment or if you have any questions related to your health or medical condition.

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