

Wearing Ossur Knee Brace

How to wear the Ossur Knee Brace?



Image from: <https://www.ossur.com/en-sg/bracing-and-supports/knee/rebound-post-op-knee>

1. Place the brace under your leg with the hinge aligned to your knee.
2. Fasten the Anti-Migration Strap (AMS) snugly just below the knee and above the calf.
3. Fasten the blue lever buckle over the AMS wrap.



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4. Fasten the rest of the straps in this sequence:
 - (a) Above the knee
 - (b) Bottom strap
 - (c) Top strap

How to remove the Ossur knee brace?



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1. Remove the buckles, starting from the top:

- (a) Top strap
- (b) Above the knee



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2. Followed by, remove the:

- (a) Buckle below knee
- (b) AMS
- (c) Bottom strap

*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.

Information shared is accurate as of February 2024 and subject to revision without prior notice.



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