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## APPLICATION AND REMOVAL OF THE BLEDSOE KNEE BRACE

## APPLICATION:

est. 1892

- 1. Lift the leg then slide the Bledsoe brace under the patient's leg.
- 2. Position the brace hinges with the patient's knee center.
- 3. Secure the four black straps.
- 4. While holding the medial and lateral hinges against the leg, fasten the straps directly above and below the knee. Pull the straps until they are snug. DO NOT over-tighten the straps. This may cause edema.
- 5. Secure the velcro straps at the thigh and ankle.

## REMOVAL:

- 1. Unfasten the four black straps on the anterior portion of the brace.
- 2. Open the brace and slide the leg out of the brace.