

Application Guide to your TROM Knee Brace

Introduction: The Donjoy TROM Knee Brace is used for the immobilization and protection of range of motion of the knee joint. Please refer to your protocol and discuss with your Physical Therapist when your knee brace should be unlocked and to what degree of range of motion it should be set.

Step by Step Instructions for Brace Application:

Initial Preparation

- Lie flat on bed with knee fully extended while knee brace is fitted
- Unfasten all the straps on the knee brace and adjust the width of the straps as necessary

Brace and Hinge Placement

- Place brace under the leg
- Align the hinges with the KNEE CAP and the MIDLINE of the leg
- Ensure the black side bars lie along the middle of the leg.



Securing the Straps

- First, fasten the straps above and below the knee
- Fasten the remaining two straps
- The straps can be pulled away from the frame to loosen or tighten to allow for proper fit. Ensure the hinges are on either side of the knee and the bars are lying on the midline of the leg.
- All straps are fixed to the front of the leg for easy access.
- The knee brace needs to be a secure fit. Ensure the knee brace fits snugly and does not move when you start walking.
- Once the knee brace is fitted correctly, you can remove the knee brace by clicking the buckles to open all straps

