

# DANKMEYER

PROSTHETICS & ORTHOTICS

## **WEARING INSTRUCTIONS FOR YOUR KNIGHT SPINAL ORTHOSIS** **(Buffalo Brace)**

A clean, wrinkle-free T-shirt or tank-top should be worn between you and the orthosis (brace) to wick away moisture, reduce friction and keep the orthosis clean. All of your other clothing, including your underwear should be worn over the orthosis.

The corset-like portion of the orthosis, with the buckles, is the front. The back portion of the orthosis is rigid and the bottom, back part of the brace is labeled "bottom".

In the back, the bottom edge of the orthosis should be even with your tail bone or approximately the middle of your buttocks. The front portion of the orthosis should be angled down to encompass or "scoop up" your abdomen.

Your orthosis should be tightened, working from the bottom to the top. The orthosis should be worn as snugly as tolerable. It should not be so tight that you cannot eat or breathe, but the snugger the orthosis is worn, the more support it provides. If the orthosis is not worn snug enough, the orthosis may migrate up and down as you go from sit to stand and vice versa.

Loosen the buckles to remove the orthosis. After removing the orthosis, be sure that all the buckles are loosened as much as possible to make it easier to put on the next time.

To clean the orthosis, wipe the rigid back section, inside and out, with rubbing alcohol or a damp rag with a mild detergent. Do not place the back section of the orthosis near heat or use a dryer to dry it as the shape of the plastic may deform. Let it air dry overnight. The two front sections can be separated from the back section for cleaning by undoing the laces; however, this is not necessary. They should be washed by hand using a mild detergent and allowed to line dry over-night. DO NOT wash either part of the orthosis in the washing machine or place in the dryer.

Unless otherwise directed by your physician, you should wear your orthosis whenever you are out of bed.

If you have any questions or concerns regarding your orthosis, please do not hesitate to contact our office.

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Hours of Operation: Monday through Friday, 8:00 am - 4:00 pm