

UNLOADER KNEE BRACE

For Arthritis on One Side of the Knee · A Patient Guide

YOUR BRACE AT A GLANCE

WHAT IT DOES	Shifts weight off the worn side of your knee onto the healthier side, so the painful part of the joint takes less load
WHO IT'S FOR	Active people with arthritis mostly on one side of the knee who want to keep working or playing sports and are not ready for knee replacement
WHEN TO WEAR IT	During work, sports, hiking, and long days on your feet. Not needed around the house, and off for sleep
THE GOAL	Keep the knee from flaring up during hard activity, so it feels good without the brace in the evening
BEST RESULTS	Pair it with quad and hip strengthening , a healthy weight, and low-impact exercise like cycling. If the brace helps, a partial knee replacement may be a good option if you ever need surgery



Left: arthritis worn down on one side of the knee. Middle: the brace presses at three points (arrows) to take load off that side. Right: with the brace on, the worn side opens up.

How to Wear It

Putting it on	Sit with your knee slightly bent. Line up the hinge with the middle of your knee joint, then fasten the straps in the order your brace fitter showed you. Wear it on bare skin or a thin sleeve so it doesn't slide
Unloading straps	Snug, not tight. Start with light tension and increase it only as much as you need for pain relief
Break-in	Week 1: about 2 hours a day. Week 2: up to 4 hours. Week 3: full workdays or activities, as needed
Care	Check your skin for red marks when you take it off. Wash the liners and straps by hand with mild soap and let them air-dry
Stop and call us	Numbness or tingling , calf pain or swelling , skin breakdown, or a brace that keeps slipping or pinching. Your brace fitter can usually adjust it. (425) 656-5060