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**Frequently Asked Questions Regarding Knee Brace use  
After PRP or Stem Cell Procedures**

**Q:** *How do I adjust the brace?*

**A:** Each custom brace will fit a little different so we usually let our patients work with Bioworks to learn the specifics of adjusting the brace. We want for you to feel "moderate" pressure. Not too little and not overbearing. When you look at the pad it should be slightly compressed but not completely smashed.

**Q:** *How long do I wear the brace?*

**A:** The brace will be worn for a total of 6-8 weeks after your treatment. Your physical therapist will decrease the adjustable hinge pressure as your knee heals.

**Q:** *Do I wear it to bed? What if I need to get up for something in the middle of the night?*

**A:** The brace should be put on in the morning and taken off at bed time. You do not have to apply the brace if you get up for something in the middle of the night. You may use crutches at night if you wish.

**Q:** *Do I wear the brace to swim?*

**A:** You can wear the brace to go swimming. The problem is, that the brace will be wet for a while after you exit the water. Since you're not full weight bearing in the water, you do not have to wear it in a pool. However, if you're going to be in the ocean where a wave may possibly knock you off balance, we would recommend wearing the brace. Always make sure the brace is rinsed thoroughly with fresh water after being in salt water.

**Q:** *Do I need to wear the brace when I am exercising (ex. stationary bike)?*

**A:** The brace needs to be worn during the 4 to 6 week period after your injection while you're weight bearing, including and especially during exercise. You do not need to wear it while on a stationary bike, as it is not a weight bearing activity.

**Q:** *Do I need to wear the brace while I shower?*

**A:** No, your brace can be removed for showering.

**Q:** *Do I need to wear the brace while I'm driving?*

**A:** Your brace can be taken off while driving. However, if you are getting in and out of the vehicle, it is likely simpler to just leave it on.

**Q:** *Why does my brace look different than other people's- medial vs lateral unloader?*

**A:** The braces look different based on which compartment/ligaments of the knee we are unloading (the inside-medial compartment, or the outside-lateral compartment).

Medial unloaders have the pad on the lateral side of the knee and the lateral unloaders have it on the medial side of the condyle. Some of the Medial unloaders are single sided. We use this brace when the doctor determines that there are no ligament issues. The double sided braces also stabilize the ligaments. The single sided brace is slightly more comfortable than the double sided, so we typically choose this when there are no ligament issues. Patients who have no medial or lateral osteoarthritis, but only ligament issues (like an ACL) usually get a derotational brace. This brace looks similar to the double sided brace but has not adjustable hinge since there is no pressure being applied to the condyle.