

ZIMMER KNEE SPLINT

The information in this document is used for proper understanding of what Zimmer Knee Splints are and to instruct you on how to use them correctly.

What is a Zimmer Knee Splint?

Zimmer Knee Splints are used for individuals who have patella dislocation, post-op knee surgery and some knee fractures.

Zimmer Knee Splints will cost \$50.00 to purchase and are one-patient use.

Correct Fit:

- In lying down place the Zimmer Knee Splint under your leg with your knee in the patella opening area
- Starting with the straps directly above and below the knee, thread the clip and tighten
- Then thread the 2 middle straps through the clip and tighten
- Lastly, thread the outer straps through the clips and tighten
- Straps should be firm but not painfully tight



Precautions:

- Follow directions by your orthopaedic surgeon
- When sitting and standing make sure you have the correct foot placement as shown by your therapist
- You will be unable to bend your knee
- Be cautious on wet and uneven surfaces

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Steps:

Going up and down steps you will be unable to bend your knee, (if using crutches refer to Consumer Information on crutches)

- Ascending
 - Step with your unaffected leg up first followed by your affected leg
- Descending
 - Step down with your affected leg first, followed by your unaffected leg

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