

Tibial Fracture Brace

General Description:

The Tibial Fracture Brace is a protective device worn on the lower leg to aid in healing and alignment of an injured bone. The brace has a similar function as a cast, but is removable and usually allows ankle motion.

Application:

- Put on a clean stockinette, or long sock and smooth out all wrinkles.
- Apply the front panel over the shin above the ankle bones (see figure 1). Then apply the back section (see figure 2). The two sections should overlap each other with the back section fitting inside the front section. If possible, have someone assist in putting on the brace to get the best fit.
- Take the middle Velcro strap and thread it through the center plastic loop. Hold the front and back sections together tightly and pull the strap through the next plastic loop on the side (see figure 3). Continue to pull the strap across the front until it fastens to itself.



Figure 1



Figure 2



Figure 3

- Repeat with the remaining straps. Equal pressure should be maintained on all straps. Straps may need to be adjusted to achieve a snug fit. (see figures 4 and 5).
- Apply shoe, ensuring the heel cup is all the way back in the shoe (see figure 6).



Figure 4



Figure 5



Figure 6

Removal:

- Undo the Velcro closures and release the straps.
- Remove the back and then the front section of the fracture brace.

Wearing Schedule:

- Wear the orthosis as prescribed by your physician and follow physician orders for weight bearing on the injured leg.
- Wear the orthosis 24 hours per day unless otherwise instructed.

Bathing:

When the doctor has given permission to clean the leg or to change the stockinette:

- Follow the instructions for removal of the brace.
- Gently clean and dry the leg and reapply the brace with a clean stockinette.
- Never apply the brace over wet or damp skin.

Cleaning and Maintenance:

- One way to clean the brace is to spray the inside with rubbing alcohol and wipe dry to remove body oils and residue. It can also be cleaned by wiping it out with a damp towel and anti-bacterial soap, or anti-bacterial moist towelettes.
- Wash the cotton stockinette in cold water and air dry or machine dry on low.
- Keep the brace away from excessive heat to prevent damage to the plastic.

Tips and Problem Solving:

- The orthosis should not irritate the skin. Visually inspect the skin often (have someone help if necessary) and report all suspected problems to your orthotist.
- Braces will differ slightly depending on the manufacturer. Follow your orthotist's instructions for your particular brace.
- The brace should be worn tight, but not so tight as to be uncomfortable.
- Do not remove the brace unless instructed to do so by your doctor or orthotist.
- If there are any problems, questions, or concerns regarding the brace, please contact your orthotist.