

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. 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 snugly 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.

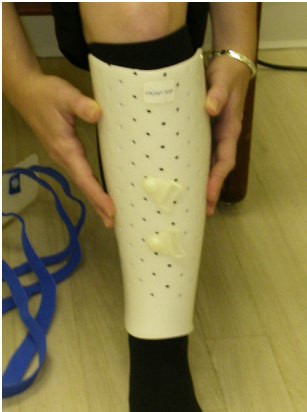


Figure 1



Figure 2



Figure 3

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

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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.

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.

Bathing:

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

- Follow the instructions above for removal of brace.
- Gently clean and dry the leg and reapply the brace with a clean stockinette following the instructions above.

Tips and Problem Solving:

- Braces will differ slightly depending on the manufacturer. Follow your orthotist's instructions for your particular brace.
- The brace should be worn snugly, but not so tight as to be uncomfortable.
- Do not remove the brace unless instructed to do so by your physician or orthotist.

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