Knee Immobilizer

Your doctor has given you a knee immobilizer. This is used to treat ligament and cartilage injuries, muscle strains, and minor dislocations or fractures. It keeps the knee supported in a slightly bent position and prevents the knee from swinging side to side. Often crutches are needed with a knee immobilizer splint to prevent weight bearing on the injured leg. **Knee injuries usually take 4-6 weeks to heal**.

To control skin irritation under the splint, use powder so that sweat and friction are reduced. The immobilizer may be worn on top of light weight pants. It may also be laundered as directed after removing the metal support bars. **Do not use your knee out of your immobilizer for any work unless your doctor approves**. Also, as your injury heals, your doctor may allow you to remove the immobilizer at night.

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