

Physiotherapy (Orthopaedics): Rugby St Cross

Your T-ROM Brace

This information is for patients who require a T-ROM brace following their surgery.

You have had a:

- Meniscal repair
- Meniscal Transplant (MAT)
- MACI/OATS procedure
- MCL/LCL reconstruction
- ACL reconstruction
- Multi ligament repair.....
- Quadriceps tendon repair
- Microfracture procedure
- High tibial osteotomy (HTO)
- Distal femoral osteotomy (DFO)
- Tibial plateau fixation
- Tibial Tubercle Osteotomy
- Trochleoplasty
- Other.....



You must wear your brace:

- When mobilising only
- Throughout the day (and if mobilising during the night) only
- Day and night

Your brace will be set at
when mobilising.

Your brace will be set at
when at rest.

YOU MUST NOT ADJUST THE SETTINGS OR REMOVE THE BRACE UNLESS YOU ARE TOLD TO BY YOUR PHYSIOTHERAPIST OR CONSULTANT. IF YOU DO NOT FOLLOW THIS ADVICE THERE IS A RISK OF YOUR OPERATION FAIL

Caring for your brace

You may remove the brace to wash, but must dry the skin thoroughly and replace the brace as soon as possible afterwards. The brace is removed by unclipping the buckles and opening the Velcro pads. **DO NOT REMOVE THE BARS OR HINGES FROM THE SIDES OF THE PADS.**

Ensure the hinges sit either side of your kneecap. The brace can slip down if the straps are too loose. The straps should be tightened so that only 2 fingers can fit underneath them. You will be shown this by the physiotherapist after your surgery, but as bandages are removed and muscle bulk decreases it may be necessary to tighten the straps yourself at home using the Velcro.

The brace can be opened to allow application of ice (through a damp towel, never directly onto your skin) if the leg is fully supported and you remain within the range of movement restrictions stated above, e.g.:- if you are limited 10 – 90 degrees of motion, you must have a towel or cushion to support your knee when opening the brace to ensure it does not fully straighten.

Patient Information

If you have been provided with elbow crutches or a walking frame, you will be guided by the physiotherapist about when to stop using them. This will depend on the range and weight bearing status allowed within your brace. Please continue to mobilise with the aids provided on discharge from hospital until advised otherwise by your physiotherapist or consultant.

If the pads become soiled, for example in cases of excessive leakage from wounds, please keep the brace on and discuss this with your Physio at the next appointment or call them on the number provide. If you have specific concerns over your wounds or dressings please contact your consultant directly.

If you have any queries regarding your brace before your first physiotherapy appointment, please telephone:

01788 663054 (if your operation was at Rugby St Cross) or

02476 965046 (if your operation was at UHCW).

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact and we will do our best to meet your needs.

The Trust operates a smoke free policy

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