

# Hinged Knee Brace

## What is a HKB?

A Hinged Knee Brace (HKB) is designed to support and protect your child's knee after an injury or surgery. It helps control how much the knee can bend or straighten (called the range of motion) or keep the knee still when needed.

## How to put on a Hinged Knee brace (HKB)

1. Position the Brace: Slide the brace under your leg with the opening at the front of your knee. One buckle will have a clip, this should sit directly below the knee. Position the brace so that the round hinges sit in line with the middle of your knee joint.
2. Identify and fasten the straps: Find the numbers engraved on the grey clips – this is where the blue buckles will fasten to. Start with the strap below the knee (number 1). Wrap the foam around your leg and fasten the strap until you hear a 'click'. Continue to fasten the remaining straps in number order. Ensure the straps are tight to prevent slipping.
3. Do not adjust the Range of Motion (ROM): If your clinician has asked you to adjust the ROM, gently pull out the dial and set it to the angle recommended. There are blue locks on the ROM dial. If these are "locked" you won't be able to bend your knee. When these are "unlocked" you will be able to bend your knee with the ROM allowed.
4. Check comfort: The brace should feel secure but not too tight.



*Example of properly fitting HKB*

## Caring for your child's skin

- The brace is designed to be worn direct to skin. If needed, wear a thin sleeve under the brace to reduce friction.
- Check your skin daily: Look for redness, irritation, or pressure marks.
- Keep skin clean and dry: Moisture can lead to skin breakdown.
- Report issues: If you notice pain, swelling, or skin damage, contact PCH Orthopaedic department.



## Caring for the HKB

Please spot clean only, you can do this by using a damp cloth with mild soap. Let it air dry completely before wearing it again. Do not use a dryer or expose it to direct heat.

## When to wear the HKB

Your child's recommended wear time: \_\_\_\_\_

## Changing Range of Motion (ROM) Over Time

Your child's doctor may recommend gradually increasing how much the knee can bend and straighten as it heals. These changes usually happen in stages over several weeks. These adjustments help your child's knee move safely as it gets stronger. Do not change the settings unless instructed by your doctor or orthotist.

	ROM adjustment
Today	
After 2 weeks	
After 4 weeks	
After 6 weeks	

## Contact information

If you have any questions or concerns about the brace, or if you need to book an appointment, please contact:

### Orthotics Department

Phone: (08) 6456 0411

Email: [PCHOutpatients.Orthotics@health.wa.gov.au](mailto:PCHOutpatients.Orthotics@health.wa.gov.au)



Government of Western Australia  
Child and Adolescent Health Service



### Child and Adolescent Health Service

15 Hospital Avenue, Nedlands, WA, 6009.

Telephone: (08) 6456 2222

Produced by: Orthotics Service

Ref: 2050 © CAHS 2026

This document can be made available in alternative formats on request for people with disability.

**Disclaimer:** This publication is for general education and information purposes. Contact a qualified healthcare professional for medical advice.

© State of Western Australia, Child and Adolescent Health Service.

