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Static Progressive Stretch Knee Orthosis

Stretch Session Instructions

Static-Progressive Stretch orthoses are used to restore lost range of motion to contracted joints through the biomechanical principal of stress relaxation. During a stress relaxation and low-load stretch therapy session, the joint is brought to a pain-free stretched position and held there for several minutes, to allow for the surrounding tissues to relax and lengthen. This stretching technique safely and efficiently restores normal length to shortened tissues surrounding a joint, allowing for motion and use when stiffness develops after injury.

Directions:

- Each session will last 30 minutes.
- Begin with 1 session per day and add 1 session every 3 days as tolerated up to a maximum of 3 sessions per day. (e.g. Day 1-3 = 1 sessions per day, Day 4-6= 2 sessions per day, Day 7-On = 3 Sessions per day)
- Rest at least 1 hour between each session. When you can tolerate 3 sessions per day, perform one session in the morning, one in the afternoon and one at night. This is not practical for some patients but as long as you can rest at least 1 hour between each session then perform the 3 sessions throughout the day at your convenience. *

** Note: Apply the brace only 2 times a day when there is Physical/Occupational Therapy scheduled.*

Session Instructions:

- Depending upon your doctor's instructions you will be moving your leg towards flexion or extension. For either stretch, perform the session with your leg raised on a nearby chair.
- For flexion, begin with your leg fully extended. After your brace is on turn the crank so that your knee bends.
- For extension, begin with your arm in flexion. After your brace is on, turn the crank so that your foot moves away from you.
- Keep turning the crank until you feel a pain free stretch. Your desired stretch should be represented on the following scale:



- During your session if you feel that the intensity has decreased, turn the crank more until you reach the desired stretch intensity.
- During your session if you feel that the intensity has increased, turn the crank back until you reach the desired stretch intensity.
- Following your session you may feel some joint stiffness. Move your leg back and forth to help relieve the stiffness.
- If possible, ice your knee after your session is over (for a maximum of 30 minutes).

IMPORTANT

- Inform your Physical Therapist that you are using a Static Progressive Stretch device.
- If you have any issues with the brace please contact your practitioner.