

How to Choose a Knee Brace



The right brace depends on what your knee needs, how it fits and how you use it.

START HERE

WHAT DOES YOUR KNEE FEEL LIKE?



Puffy or swollen?



COMPRESSION

(brings swelling down)



Loose or wobbly?



SUPPORT

(steadies the knee)



Stiff, achy or not sure?



SEE YOUR PHYSIO

It may be arthritis or something else.

1

What does it do?



Two main jobs:

- ✓ Squeeze (compression) brings swelling down
- ✓ Hold (support) steadies a weak or loose knee

Some braces do both.

COMPRESSION



SUPPORT



SOME BRACES DO BOTH



2

Does it fit and feel right?



- ✓ Snug and comfortable
- ✓ Stays in place
- ✓ Good material keeps its shape
- ✗ Too loose (slides down)
- ✗ Too tight (hurts)

"One size fits all" often doesn't fit, especially on a swollen knee.

✓ JUST RIGHT



Snug, comfortable and stays in place.

✗ TOO LOOSE



Slides down when you move.

✗ TOO TIGHT



Hurts, digs in or leaves marks.

3

How will you use it?

- Match the brace to the job



Light use (e.g. walk, keep warm) → a simple, cheaper brace can be fine.

Heavier use → a well-built brace is worth it.



Think about wear-time: all day, or only during activity? A physio can tell you how long to wear it.

LIGHT USE



Simple comfortable brace can be fine.

HEAVIER USE



Well-built brace is worth it.

WEAR TIME



All day? Only during activity? Ask your physio.

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Is it worth the money?



- ✓ A good brace would firstly serve its main function well.
- ✓ Then it would fit snug and gives you convenience
- ✓ Lastly, consider how long would want to use it for and the quality of material

CHEAP BRACE



Wears out fast
May not do enough

GOOD BRACE



Cost more
Works better
Last longer

EXERCISE FIRST



You may not need a brace - exercises can help



Not sure which is the right brace for you?

We can assess your knee and help you choose the right one.



BOOK AN APPOINTMENT
We're here to help.

