

## Osteoarthritis Bracing and ACL Bracing

### Osteoarthritis bracing

A knee brace for osteoarthritis may help reduce pain by shifting your weight off the most damaged portion of your knee. This may improve your ability to get around and help increase the distance you can walk comfortably.

Knee braces come in a variety of designs, but most are constructed with a combination of rigid and flexible materials — plastic, metal or other composite material for basic structure and support, and synthetic rubber or moldable foam for padding and positioning.

Osteoarthritis is the wear-and-tear type of arthritis that commonly affects the knees of older people. The bottom of the thighbone has two large knobs, and osteoarthritis can affect one of the knob surfaces more than the other. In many people, the cartilage erosion and bone spurs associated with osteoarthritis affect only one side of the knee joint. This can cause malalignment, which may decrease function and increase pain. This unequal damage can cause or worsen a malalignment that may make your stance look knock-kneed or bowlegged.

As the damage progresses, this malalignment worsens. A knee brace can take pressure off the part of your joint most affected by osteoarthritis and help relieve pain. If your knee feels like it might buckle when you put weight on it, a knee brace can also help you stand and move around with more confidence.

Some types of knee braces are ready-made in several sizes. Some designs allow you to adjust the pressure they apply to your knee, depending on how much support you need for different activities and at different times of day. If you find an off-the-shelf brace that fits you well, you may be able to take it home that day.

Custom knee braces are designed and built to fit your exact measurements. But it takes time to build a custom knee brace, so you may have to wait for a few weeks. When your custom brace is ready, the fit will be checked before you take it home.

You'll learn how to put on and take off the knee brace and how to tell whether it needs adjustment. You may walk around to try out your brace.

Some people wear their knee braces only during continuous activity, such as walking or playing certain sports. Other people find it beneficial to wear the brace most of the day.

## **Insurance coverage**

Osteoarthritis knee braces are covered by most insurance plans. Azer Medical Supply will Check your policy for specific benefits and insurance coverage or case eligibility and bill your insurance company on your behalf with little or no cost to you.

## **ACL Bracing**

An ACL injury is the tearing of the anterior cruciate (KROO-she-ate) ligament, or ACL, inside your knee joint. An ACL injury most commonly occurs during sports that involve sudden stops and changes in direction — such as basketball, soccer, tennis and volleyball.

If you have tore or damaged your ACL, it's important that you get an ACL knee brace. Unlike other knee braces, ACL knee braces are specifically designed to help reduce knee hyperextension and rotation. This will aid in the healing process of your ACL while prevent further damage. A knee brace typically is covered by health insurance if it is prescribed by a doctor for patients covered by health insurance, the typical out-of-pocket cost for a doctor-prescribed knee brace consists of a durable-goods copay or coinsurance. Our staff at Azer Medical Supply will check you policy and bill your insurance.