

Knee Braces

What is Knee Osteoarthritis?

Knee Osteoarthritis is caused by the breakdown and eventual loss of cartilage in the knee joint. Cartilage is a protein substance that serves as a "cushion" between the bones of the joints. Osteoarthritis is also known as degenerative arthritis. Among the over 100 different types of arthritis conditions, osteoarthritis is the most common. Knee Osteoarthritis begins in the 4th decade, increasing in prevalence with age.



How Bracing Works

Knee osteoarthritis patients often cannot perform activities of daily living, work and sports due to the pain caused by "bone on bone" in the knee joint. By using a knee brace, it is possible to open up the joint space in the degenerative knee compartments and thereby reduce pain. A three-point-load shifts compressive knee joint forces from the degenerative compartment to the healthy compartment. Braces generally fall into designs that either push or pull the knee center.



"Burlington Orthotic Centre's trained practitioners in Pedorthics, Kinesiology and Athletic Therapy can help you determine the most suitable brace for your needs."



OUCH! Narrowed joint space

Normal joint space

The Knee Ligaments

A ligament is a structure that connects one bone to another. The four main ligaments that stabilize the knee joint are the medial collateral ligament (MCL), lateral collateral ligament (LCL), anterior cruciate ligament (ACL), and posterior cruciate ligament (PCL). These ligaments can get fully or partially torn causing pain and inability to function in activities of daily living. DONJOY makes several functional braces to address instabilities in the knee joint.

