



## Knee Brace (Paperback)

By -

Acu Publishing, United States, 2011. Paperback. Condition: New. Aufl.. Language: English . Brand New Book. Please note that the content of this book primarily consists of articles available from Wikipedia or other free sources online. Knee orthosis (KO) is a brace worn to strengthen the knee. The brace is worn around the knee and work by relieving pressure off the part of the knee joint that is affected by ailments such as arthritis or osteoarthritis. They can also offer support for the knee and provide the stability needed to perform daily activities. Knee braces may also help to properly align your knee to help reduce osteoarthritis pain.If pain or instability is experienced, a knee brace might be the right choice. They are not meant to treat arthritis, injury, or osteoarthritis on their own, but are used as a portion of the full treatment along with medicines and physical therapy. They are beneficial in a number of different areas and when used properly, an orthopaedic brace such as a knee brace can be incredibly helpful for an athlete to stay in peak performance.

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