DISCOVERING KNEE PAIN

MENISCUS KNEE
PAIN



MEDIAL KNEE PAIN



THE RATE OF ACL
INJURIES IN THOSE AGED
UNDER 25 YEARS HAS
RISEN BY 70% OVER THE
PAST 15 YEAR

UNDER KNEE
PAIN





"AM I LIKELY TO REINJURE MY KNEE IF I DONT WEAR A BRACE?"



SIDE OF KNEE PAIN



KNEE LIGAMENT INJURIES
THE ACL IS ONE OF THE
MOST COMMON
LIGAMENTS TO BE
INJURED.

PATELLA KNEE PAIN



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 might be able to take it home that day.

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