

## OA KNEE BRACE ORDER FORM

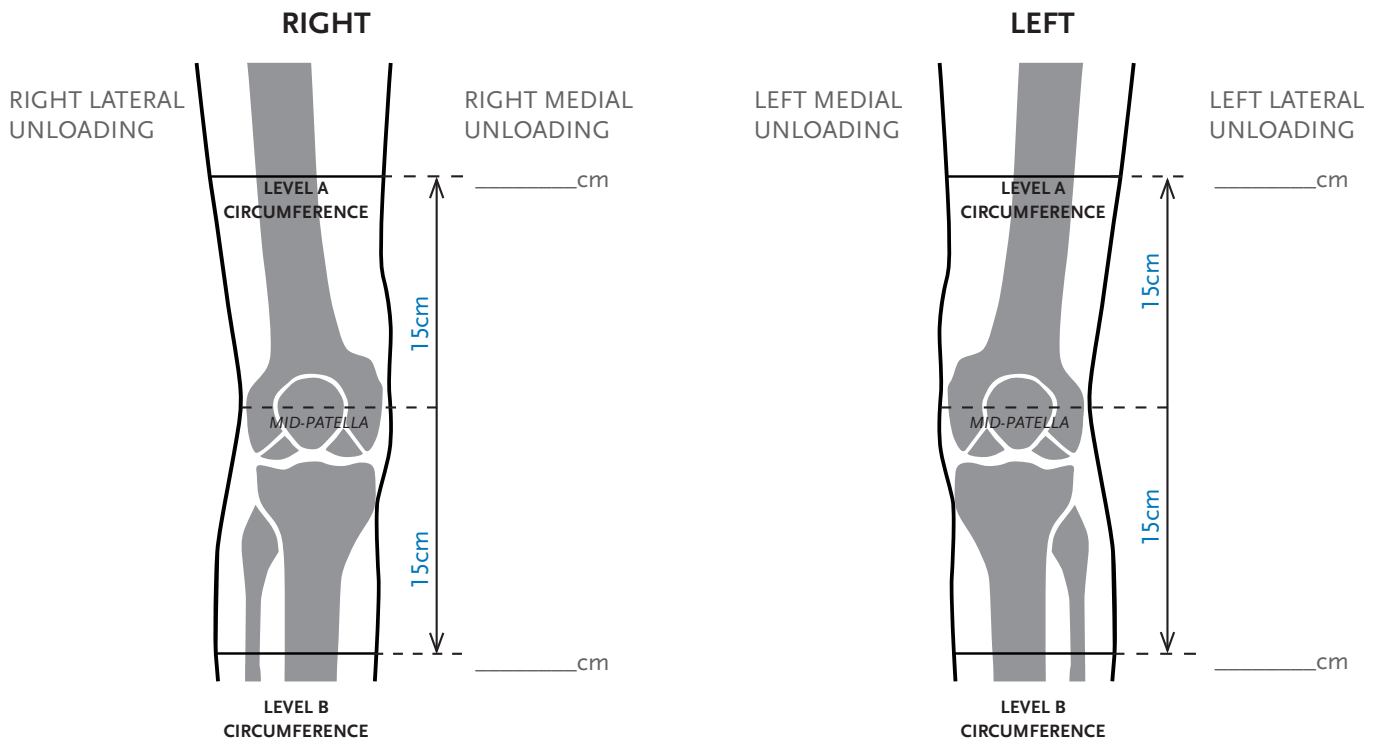
Model: Unloader One® X      Formfit® OA Ease      Formfit® Pro Knee OA

Date: \_\_\_\_\_ Name of Orthotist Practice: \_\_\_\_\_

Name of Orthotist: \_\_\_\_\_ Patient Identifier: \_\_\_\_\_

Referring practitioner: \_\_\_\_\_ Was an UBT (Unloader Brace Test) performed: YES NO

Height of the patient: \_\_\_\_\_cm



## UNLOADER BRACE TEST (UBT) (To be completed by orthotist)

To select the appropriate patient for the treatment of uni-lateral knee osteoarthritis with an Unloader knee brace, an UBT has been developed based on findings from observational trials where patients describe an immediate onset of pain relief after a short test with an Unloader One brace<sup>1</sup>. The compliance of Unloader One over a longer period has been demonstrated in clinical trials showing an average duration of wearing the brace of > 26 months<sup>2</sup>.

### UBT protocol and documentation

Patient to answer 6 questions in order to establish whether the brace will be an effective treatment or not:

1. Ask your patient to walk for 2 minutes on level ground **without** the brace on, followed by stair ascent and descent (minimum 5 steps) and then rate her/his knee pain.

Walking pain (VAS 0 -10):

(No pain.) 1 2 3 4 5 6 7 8 9 10 (Worst pain.)  
(Please mark with a "X" to describe knee pain at baseline.)

2. Ask your patient to walk for 2 minutes on level ground **with** the brace on, followed by stair ascent and descent (minimum 5 steps) and then rate her/his knee pain.

Walking pain (VAS 0 -10):

(No pain.) 1 2 3 4 5 6 7 8 9 10 (Worst pain.)  
(Please mark with a "X" to describe knee pain at baseline.)

3. Ask your patient whether her/his knee feels more stable with the brace on.

Yes      No

4. Explain to your patient how to don and doff the brace. Then ask your patient to don and doff the brace in order to see whether she/he is able to handle the brace.

Ask your patient if she/he is comfortable donning and doffing the brace.

Yes      No

5. Ask your patient if the brace feels comfortable while walking or sitting down.

Yes      No

6. Ask your patient if she/he thinks that the brace would help her/him with regards to daily activities.

Yes      No

**DID THE PATIENT FEEL PAIN RELIEF WHILE USING THE UNLOADER BRACE (QUESTION 2) AND DID THE PATIENT ANSWER 'YES' TO AT LEAST 3 OF THE REMAINING QUESTIONS OF THE TEST?**

Yes      No

**IF 'YES' THEN THE TEST RESULT IS POSITIVE AND THE PATIENT IS ELIGIBLE FOR THE UNLOADER BRACE. <sup>1,2</sup>**

### References:

1. Eickelboom et al. Poster ISPO 2016 Lyon, France
2. Lee et al. *Unloading knee brace is a cost-effective method to bridge and delay surgery in unicompartmental knee arthritis.* BMJ Open Sport Exerc Med. 2017 Feb 21;2(1):e000195. doi: 10.1136/bmjsem-2016-000195



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