

注意

1. 適當地拉緊黏貼帶，太緊會影響血液循環，太鬆會導致矯形器鬆脫
2. 穿戴後如有任何紅腫、瘀傷或皮膚損傷，應停止配戴及通知義肢矯形師以作跟進
3. 切勿擅自修改矯形器
4. 切勿把矯形器放近熱源，以免矯形器受熱變形
5. 請每次覆診時帶回矯形器，以便義肢矯形師檢查及修改
6. 其他備註：_____

清洗方法

1. 用濕布清潔



Reminder

1. Avoid secure the strapping too tight or too loose
2. Check for any redness, bruises or abrasion, stop application immediately and contact your prosthetist if any problem occurred
3. Do not adjust the knee immobilizer by yourself
4. Prevent the knee immobilizer from deformity due to heat source
5. Bring along the knee immobilizer every follow up
6. Remark : _____

Cleansing

1. Wipe with damp cloth

鳴謝 Acknowledgement

新界西醫院聯網
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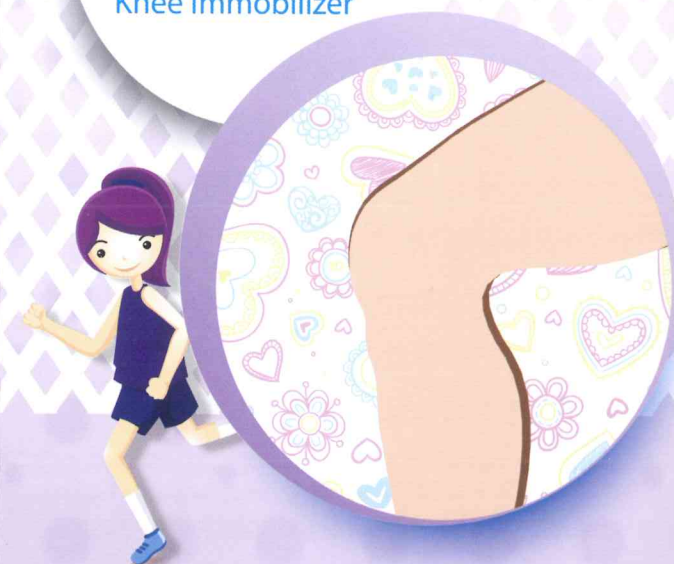
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屯門醫院兒童及青少年科
Department of Paediatrics & Adolescent Medicine

膝關節 矯形器

Knee Immobilizer



家長指引單張
Parent Education Pamphlet

穿戴目的

- 矯正兒童的膝關節，防止膝關節攣縮、變形
- 固定膝關節，保持功能位置，促進康復

穿戴時間

- 全日
- 晚間
- 休息時間
- 每隔 ____ 小時
- 日間
- _____

穿戴方法

1. 穿在長褲外，以避免直接接觸皮膚引起皮膚敏感，同時減少擦損的機會
2. 按照矯形器上 左 右 標記穿上
3. 解開所有黏貼帶（圖一）
4. 把矯形器放在腳後方，須確保膝關節位於矯形器的中間位置
5. 把大腿和小腿的黏貼帶固定（圖二）
6. 把膝關節軟墊置於膝蓋上方，以“8”字方式繫上膝蓋位置的黏貼帶固定好（圖三）
7. 最後，調整黏貼帶鬆緊，把膝關節有效地伸展

Purpose

- To prevent knee contracture
- Provide supportive force to the knee and keep the knee in functional position

Application Period

- Whole day
- Night time
- Resting time
- Every ____ hours
- Daytime
- _____

Application Method

1. Put outside the trousers to prevent skin irritation and injured from friction
2. There is left right marked on the bilateral knee immobilizer
3. Open all the strapping (Fig.1)
4. Position knee immobilizer under the leg, ensure the patella should be in the middle of the knee immobilizer
5. Secure the strapping over thigh and leg (Fig.2)
6. Position the knee cap over patella and secure the strapping over patella in figure-of-eight (Fig.3)
7. At last, make sure the knee cap should be secured tight enough to extend knee properly



圖 1
Figure 1



圖 2
Figure 2



圖 3
Figure 3