



# YOUR TRUTRAK PATELLA STABILISER GUIDE



ORTHOPAEDIC APPLIANCES PTY LTD  
Tel: 03 9419 2499  
Fax: 03 9416 3543







**Bendigo Clinic**

Anne Caudle Centre  
Barnard St  
Bendigo VIC 3550  
Tel: 03 5454 8752  
Fax: 03 5454 8756

**NOTES**

---

---

---

---

---

---

---

---

---

---

---

**FITTING**

Sit on the edge of a chair with your knee in a slightly bent position with your foot resting on the ground. Ensure that the muscles in your leg are relaxed. With your fingers locate your knee-cap.



- Place the brace over your knee-cap with the horse shoe bumper cupping the out side of your patella. Push this thick band around your knee cap firmly and hold it with one hand. You may find that the hole is not centred over your knee-cap. This is acceptable.

 **Ringwood Clinic**

86 Mt Dandenong Rd  
Ringwood VIC 3135  
Tel: 03 9879 4299  
Fax: 03 9870 9411

 **Frankston Clinic**

346 Nepean Hwy  
Frankston VIC 3199  
Tel: 03 9783 3866  
Fax: 03 9783 6944

 **Bundoora Clinic**

Northpark Hospital  
Greenhills Rd  
Bundoora VIC 3083  
Tel: 03 9467 1937

 **Richmond Clinic**

Epworth Centre  
32 Erin Street  
Richmond VIC 3121  
Tel: 03 9421 6226  
Fax: 03 9426 4321

**Brighton Clinic**

501 Nepean Hwy  
Brighton VIC 3186  
Tel: 03 9591 6226  
Fax: 03 9591 6292

 **Footscray Clinic**

55 Pickett Street  
Footscray VIC 3011  
Tel: 03 9687 4589  
Fax: 03 9687 3961

 **Malvern Clinic**

1489 Malvern Rd  
Malvern VIC 3144  
Tel: 03 9824 5874  
Fax: 03 9824 8205

 **Geelong Clinic**

454 LaTrobe Tce  
Geelong VIC 3220  
Tel: 03 5224 2286  
Fax: 03 5222 6338

- Wrap the single strap behind the knee, thread it through the slot and fasten on the Velcro tab. Ensure that this strap is firm. Strap may be trimmed to length. Ensure that the padding is positioned in the crease behind your knee.



- Wrap the “forked” strap behind the knee and double back through the “D-rings” at the top and bottom edges of the front of the brace. These straps apply the force to the knee-cap so it is important that they are firm and tightened evenly.



It may take some practice to get the fitting of this brace correct. If you are having any difficulties please contact your orthotist and they will be able to assist you.

## CONTACT NAMES AND NUMBERS

Orthotist: \_\_\_\_\_  
 \_\_\_\_\_

## Your OAPL Clinic

### Fitzroy Clinic

93-97 Webb St  
 Fitzroy VIC 3065  
 Tel: 03 9419 2499  
 Fax: 03 9416 3543

### Clayton Clinic

281 Clayton Rd  
 Clayton VIC 3168  
 Tel: 03 9562 9422  
 Fax: 03 9562 9605