

# Knee Braces for Arthritis: What to Understand

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## Introduction

A brace for arthritis provides support which can reduce kneecap pain and improve a person's mobility and confidence. A brace also can keep joints in alignment and permit ligaments to heal after surgery.

Knee damage can occur with osteoarthritis because the condition may end in erosion of the cartilage cushioning the ends of the bones. It can also occur with rheumatoid arthritis, which affects the liner of the joints. Both conditions can cause pain, weakness, and impaired function.

This article discusses the effectiveness of knee braces for people with arthritis, and appears at the various sorts of braces.

A brace is an orthosis, which can be a tool that matches to a person's body with the aim of helping to undertake to to at least one among several things, relying on a person's condition:

- correct a deformity
- control alignment
- protect an injury from further damage

A brace could even be helpful for arthritis, although there aren't extensive studies on this subject. People who exist found the benefits of a brace could even be limited. Several of the studies are described below

## Types of knee braces

Traditional sorts of knee braces include:

- Functional: for cover and support following an injury
- Rehabilitative: to guard motion after either surgery or an injury
- Patellofemoral: to stay the kneecap in correct alignment and reduce knee pain.
- Prophylactic: to scale back or prevent knee injuries in some sports

However, not all types of braces could even be effective or suitable for a private with knee osteoarthritis.

## New technologies

According to a 2019 study Trusted Source, new technologies may help with knee rehabilitation during therapy.

These include a replacement kind of functional brace, which may help strengthen muscles, improve a person's mobility, and reduce pain.

Another option is ambulating extension deficit/flexion contracture rehabilitative functional bracing. An individual can use this new kind of brace in place of a brace typically used during the night.

The study concluded that the new braces could be utilized together with physiotherapy for a private who had knee surgery for osteoarthritis, and can help with the results of the treatment and person's recovery.

## Which knee type is best surely conditions?

The common knee braces include the unloader, hinged, neoprene with a cutout for the knee cap, and neoprene sleeve. Here is more detail on each:

**Hinged brace:** A doctor may advise employing a hinged brace for people that have either of two kinds of ligament injuries. One is an injury to the medial collateral ligament. This is often the ligament on the side of the knee closest to the body's midline. A hinged brace gives support, which allows the joint to heal.

The other is an injury to the within collateral ligament. This is often the ligament on the front of the knee. Neoprene brace with a cutout for the knee cap. Doctors recommend this type of brace for a private with soft or weak cartilage under the knee that causes pain. It relieves discomfort and helps keep the knee within the traditional position.

**Neoprene sleeve:** This type of brace provides compression and warmth, which helps reduce swelling. It gives a private confidence and a way of support when doing activities that involve the knee. The brace also can function a reminder to require care with the knee during physical activity. It's available from sporting goods stores, pharmacies, or online.

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