

Zimmer Knee Splint – Information

This sheet has important details for the use of your Zimmer Knee Splint (ZKS).

What is a Zimmer Knee Splint?

A ZKS is a device to support your knee and keep your knee straight.

It is single person use only, and not to be shared with others.

The Purpose of Your ZKS:

Reason for splint to be worn: _____

(For example, keep knee straight to protect Patella graft operation).

Prescription:

You are required to wear the splint for the next ____ days / weeks until review by:

_____.

Orders:

- Wear the splint at all times, except to check your skin once every day
- Ensure your knee stays straight when you remove the splint
- Splint can be removed for sleeping
- Splint can be removed for showering
- Splint can be removed for exercising
- Use splint when mobilising (walking) only

Additional orders/instructions:

Application of the ZKS:

- Start with your knee straight and your leg out in front of you.
- Ensure that the skin is clean and dry, and there are no open wounds or pressure areas visible.
- Unfold and wrap the splint around your leg.
- Check that it is correctly positioned
i.e. the hole for the knee is in front of the knee cap.
- Secure all straps firmly, beginning with those around the knee joint first.
- Check that you can fit 2 fingers underneath the straps, so that it is not too tight.



Important Information:

- The splint may slip or fall down when standing. This is very common and you may need to strap it on more tightly once in a standing position.
- If the splint is causing any irritation, itchiness or pain, please seek advice from your GP or health professional.

If you have any concerns about your splint, please contact the Physiotherapy Department via Bolte Reception on (03) 9231 3805.

Important Information:

ZKS fitted and checked by: _____ (name / discipline).

Date: _____.

- Patient (or carer) has been instructed on how to perform daily skin checks and can independently fit and remove the splint.
- Information handout provided.