

3 classifications of braces

- rehabilitative- after surgery protect range of motion, more restrictive
- functional- after injury, substitute for damaged ligaments
- prophylactic- prevent injury



Breg T Scope Post-Op Knee Brace

- believe Kylie has used this brace after post op- check with her
- CONTROL ROM(range of motion) not stop it thats the important feature to this brace

Researched positives

- modeled to allow support if the ACL PCL MCL LCL
- tibial fractures,
- osteochondral (that is spelled right) repairs - smooth surface on the end of bones, surface is know has articular cartilage (chondro) and the bone (oste) bone can break off inside the joint of the knee

- Meniscal repairs
- Patella tendon repairs and sprains/strains of the knee
- Narrow not bulky



Functional Knee Brace

- more for instabilities rather than injury to the ACL PCL MCL and LCL
- Carbon composite design- protection against cutting pivoting and hyperextension movements
- 18 ounces lightest brace around
- Extreme sports, water resistant for high intensive sweating and water sports



EXODUS brace

- mild knee sprains to injury recovery
- The fabric material adds the possibility of sliding down of the injured area vs. the carbon fiber or plastic models

FOCUS- Functional Brace

DJO company explanations of the three types

All are to provide ligamentous control to the knee both pre-injury and prophylactically (post injury)

ACL- anterior cruciate ligament

PCL- posterior cruciate ligament

CI- combination of the both- stands for Combined Instabilities - caused by major knee trauma or joint

Maybe the brace model could be a prophylactic/ pre injury brace that targets the CI female athletes who have instabilities due to a previous knee Injury that could have caused an increased risk in a CI re injury of both ligaments

<https://www.djoglobal.com/faq/functional-knee-braces-come-three-variations-acl-pcl-and-ci-what-difference-between-three-and>