

Braces can be the key to keeping you active in the Beautiful Okanagan!



Will a brace weaken my joints or muscles? No. You obviously don't worry about those big plastic ski boots with reinforced steel buckles weakening your feet or ankles, do you? A brace assists you to return to activities that you would otherwise not be able to do. If a brace helps you to ski, hike, run, walk or just perform daily tasks, these activities will strengthen you! Why consider a brace? A few reasons would include previous unresolved knee injuries, chronic instability, arthritis or if you were already directed by your physician / health care provider to try a brace. Seeing a bracing professional is your next step to be fit for the proper brace. Book yourself an appointment to have a discussion about which type of knee brace is appropriate.

Braces are secured to the body by either a sleeve, rigid frame or in some cases semi-rigid frames built into sleeves. Almost all are tightened by Velcro closures. Braces are very light so they should not slow you down due to weight! What can braces do? Some are designed for compression to reduce swelling, while hinged braces provide

support to reduce the risk of unwanted motion. It all depends on what the person needs to get them back to being active and healthy. Addressing the injury can be accomplished by choosing a brace with the appropriate amount of support, having it fit appropriately, and being educated on how to apply it properly. A proper fitting brace is crucial to ensure their effectiveness. Gapping about the brace, wrong sized support pieces, or simply an improper fit can all negate the effectiveness of the braces.

OKAPED has fit patients in the Okanagan since 1997 and carries a full line of products to help with your bracing needs. We search out the best products available for our patients recognizing that brands fit and function differently and often uniquely.

Clinics located in Penticton, Kelowna, West Kelowna and Vernon.
Visit www.okaped.com for more info.





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Supporting You

Pedorthic and Bracing Specialists helping keep the Okanagan active since 1997

How OKAPED can help you

- Biomechanical assessments and gait analysis
- Custom made foot orthotics, fabricated locally by us
- Knee Bracing for Arthritis relief, Sports & Workplace Injuries
- Specialty braces for ankles, wrists, and backs
- Compression stockings and sports sleeves



Okaped.com highlights our Services, Products, Locations & More

Our **Penticton** clinic is located at 122-300 Riverside Drive with locations also in

West Kelowna, Kelowna and Vernon.