

Knee Braces for Snowbirds wanting to Ski, Snowboard and Snowshoe

Will a brace weaken my knee? No. You obviously don't worry about those big plastic ski boots with reinforced steel buckles weakening your feet or ankles, do you? If a brace helps you to ski, snowshoe or ride your board, these activities will strengthen you! Sitting on the couch watching tv all winter will weaken your knees, you now have that in writing.

The basic position for skiing or riding your board puts your knees in a very stable position. Snowshoeing can put less overall strain on your knees in general. The musculature around the knee joint is activated during sports reducing instability and thereby helping to prevent the knee from giving out. If the musculature does not do the trick either because of a positional disadvantage i.e. falling awkwardly or weakness, the knee could be at risk of injury.

Make sure you have done some pre-season work to help strengthen your body to prep it for the fun of cruising the blues or hiking through powder fields. If you have a conditioning issue or defined weakness, seek out a sports physio or athletic therapist to get a program tailored for you. Strengthening around the knee joint and through the entire body is a great defense against knee injuries. If you suspect or know you have a knee injury, see your physician for a diagnosis and treatment outline. This may include a knee brace.

Why consider a knee brace? If you have suffered from knee injuries, chronic knee instability or you were directed by your physician or specialist to be fit for a brace seeing a bracing professional is your next step. Book yourself an appointment to have a discussion about which type of knee brace

may be appropriate for your knee and all your activities.



Boot height can affect bracing choices as some manufacturers supply braces designed to fit above the cuff and not be interfered by the boot itself. Braces are secured to the knee by either a sleeve, rigid frames or in some cases semi-rigid frames built onto sleeves. Almost all are tightened by Velcro closures. Braces weigh less than a ski boot so they should not slow you down due to weight!

What can braces do? Some are designed for compression to reduce swelling, while hinged

knee braces provide support to reduce the risk of unwanted motion. No knee brace can offer 100% stability, that unfortunately is not possible. Addressing the instability 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. These steps will ensure your stability wearing a brace can be much more than without.

Patella (knee cap) instability and pain is often treated with a brace designed to help patella alignment. They are usually sleeve designs with a stabilizing component that help address the patella position. Fit of these braces is crucial to ensure their effectiveness. Gapping about the brace, wrong sized patella support pieces, or simply an improper fit can all negate the effectiveness of these braces. These issues also highlight why purchasing a medical brace online really does not make sense.

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