

# Bracing for Osteoarthritis Relief

Are you one of the 32.5 million Americans living with Osteoarthritis (OA)? For many who suffer from OA, the symptoms impact their way of life on a day-to-day basis. Pain, swelling, stiffness, and limited range of motion all contribute to decreases in function.<sup>1</sup> For some it can be a minor annoyance but for others it is debilitating. Often referred to as degenerative joint disease, OA occurs most commonly in the hands, hips, and knees.

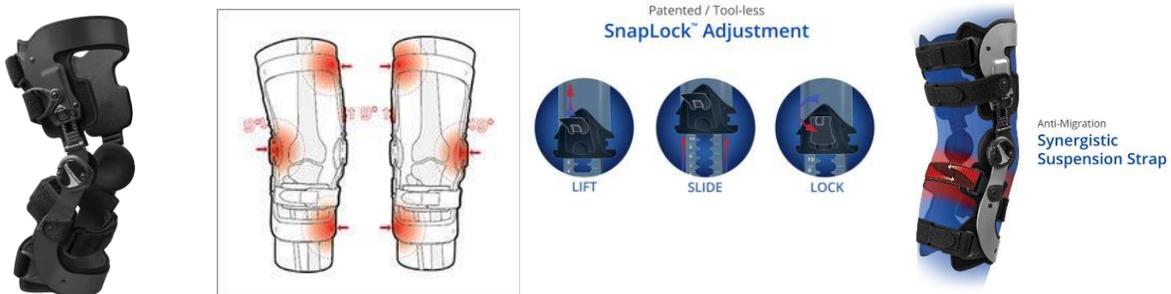
## Interventions

Common interventions include medications, exercise to maintain mobility, weight loss to diminish stress on the joints; and things like heat or ice applied to affected areas can relieve some of your discomfort. When wear on the joint becomes extreme and all other interventions are exhausted, joint replacement surgery might be required. However, before surgery is needed, specific OA bracing can be a great option to improve and maintain function.<sup>1,2,3,4</sup>

With OA of the knee, the wear on your joint is commonly seen to be worse on one side of the knee. This changes the knee alignment and as the damage progresses, more pain and functional limitations arise. A knee brace can take pressure off the part of your joint that is most affected. This reduces pain and decreases wear on the joint.<sup>4,5</sup>

## Bracing Options

At MedCOR Professionals, we offer a wide range of brace options to support people living with osteoarthritis. When it comes to OA offloading knee braces, our team of expert brace fitters can help you find the best brace to keep you in action. One of the most effective braces on the market for reducing pain and instability while improving walking capacity, muscle function, and quality of life is the Rebel Reliever<sup>®</sup> from Townsend by Thuasne USA.<sup>5</sup>



With proven offloading capacity and anatomically designed motion-glide hinges, the Rebel Reliever tracks with the anatomical roll-and-glide motion of the knee to keep the brace properly positioned on the leg. Physicians, therapists, and athletic trainers love the evidence based outcomes that this brace delivers. Patients love that it is a custom brace! They love how it fits, how it feels, and how it supports their active lifestyles. The many color options from which to choose are an added bonus!

We encourage you to discuss your need for a knee brace with your healthcare provider. If you decide to try a knee brace, your doctor may need to write a prescription for it to be covered by insurance. By talking with your provider and with support from our team of bracing experts here at MedCOR Professionals we'll all work together to **keep you moving forward!**

## References

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5. Lamberg, Eric M. EdD, PT; Streb, Robert PhD, PT; Werner, Marc CPO; Kremenec, Ian J. MEng; Penna, James MD  
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