

5 Knee Braces for Pain Relief

So...you have a knee injury but you're not sure what to do about it? This cheat sheet will help you understand how a knee brace can help reduce your knee pain and help you get moving again!



Compression Knee Brace for Pain & Swelling

- Good for general pain or swelling
- Good for mild ligament injuries, meniscal injuries, knee arthritis
- Firm compression with mild support
- Elastic and breathable material, pull on style
- Can be worn for sports or daily activities.



Hinged Knee Brace for Pain & Swelling

- Good for knee ligament or meniscus injuries, knee arthritis
- Semi flexible hinges provide moderate support
- Mild compression for swelling
- Reduce pain and feel more confident in your knee
- Ideal for sports and daily activities.
- Wrap around style fits most people and gives optimal comfort



Patellofemoral Brace for Pain

- Mild to moderate pain around/under your kneecap
- For patellar maltracking or instability
- Keeps the patella in proper alignment to reduce pain during activities
- Semi flexible hinges provide moderate support



Knee Brace for Support

- Support after ACL or PCL injury or surgery
- Stabilizes the knee joint and helps regain confidence
- Extra support for returning to sports or daily activities
- Available in a lightweight, strong material that is ideal for sports



Knee Braces for Osteoarthritis Pain

- Offloads the most damaged part of your knee joint
- Reduces the bone-on-bone pain
- Keeps you active and moving with less pain
- May help reduce or delay the need for surgery
- Ideal for sports and daily activities