

Best Knee Braces For Preventing Dislocations

The Tru-Pull Advanced System includes straps that have an elastic effect around the patella for greater control during extension. The adjustable buttress gives you the leverage you need adding greater versatility.

March 11, 2010 - [PRLog](#) -- A dislocated kneecap can be very painful. A dislocated knee can be even worse. A dislocated kneecap, or patella dislocation, happens when the kneecap comes off its groove at the end of the thigh bone. A knee dislocation occurs when the thigh bone and shin bone lose contact.

Dislocation of the kneecap or patella

Dislocation of the patella the first time can be a serious injury, but the dislocation can happen easily again without so much pain. The patella, shaped like a triangle, comes off its groove, in which it is designed to only move vertically, and rests on the side of the leg. This usually occurs when the knee is twisted during a forceful impact. Deformity of the leg can be observed instantly. Ligaments holding the patella in place are usually torn the first time.

Dislocations of the knee

Knee dislocations often happen during traumatic experiences such as car accidents, sports injuries and severe falls. The knee ligaments are usually ruptured during a dislocation. Damage to the surrounding nerve and vascular structures are of the utmost concern. Vascular injuries can jeopardize the health of the leg and lead to the obligation of emergency vascular surgery. Cartilage and meniscus damage can also occur during a knee dislocation. The dislocated knee will need to be reset after the professional care giver assesses which of the four important knee ligaments have been torn.

Braces

To prevent the knee or kneecap from dislocating again and further damaging cartilage and ligaments, the DonJoy Tru-Pull Lite knee brace is the answer.

The Tru-Pull Lite knee dislocation brace was designed to keep the patella in its proper alignment in the groove and reduce the pain from damaged ligaments during dislocation.

This knee dislocation brace is designed with pull straps above and below the patella to prevent it from dislocating again, while applying a constant corrective force on it.

The Tru-Pull Lite soothes mild to moderate dislocation pain when worn everyday for routine activities. For those who need full knee support, try the DonJoy Tru-Pull Advanced System knee dislocation brace. It is the perfect dislocated knee brace as it was intended to place a dynamic pull on the patella during extension to prevent derailment and decrease pain.

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