



# Things to Know About Pediatric Knee Support Devices

As is true with adults, sometimes wearing Mueller braces and supports for the knees is beneficial for children and teenagers. [knee pain support](#) are available under several categories. Some examples include protectors, stabilizers, immobilizers, and orthoses. Some are hard braces while others are flexible, inflatable, or adjustable. A doctor may recommend wearing one after an injury or surgery. [acl knee brace](#) need to wear this equipment because of congenital issues.

## Kids and Adults

When it comes to kids and teenagers, knee support devices are most commonly worn because of soft tissue injuries like muscle or ligament strains or a sprained knee. Adults may need the equipment because of osteoarthritis caused by wear and tear over the years.

## Important Considerations

Athletic trainers and doctors usually do not recommend that children wear knee support devices to prevent injury unless the knee has previously been injured. A previous injury could make the joint more vulnerable to being hurt again. Wearing support devices on healthy knees has not been found to be effective at preventing injuries in boys and girls. In addition, the child's body is still developing, and physical activity without support devices is generally more advantageous.

## The Right Device

Parents should not try to decide on the right Mueller braces and supports on their own. It's crucial to have a prescription or a recommendation from a physician, physical therapist or athletic trainer. The child or teenager must wear the correct kind of support device and it must fit properly. Otherwise, the results will not be as positive. Parents cannot just obtain a brace or support from another family in which a child had to wear one even though that may be tempting.

In addition, the fit is essential because the equipment should be comfortable. If [knee support for walking](#) or support is uncomfortable, the youngster will be less likely to comply with wearing

it as directed when out of sight of the parents. Since the device is easily removed, the child or teen may very well take it off if it feels too tight or fits poorly in some other way.

A provider like Mueller Sports Medicine offers a broad range of support devices so the youngster will experience positive results for healing and protection and will not complain about how the equipment feels. Sizing is done with measurements of the leg circumference and length. In fact, very petite and thin adults sometimes are fitted with a pediatric brace.