

Below Knee Irons (BK Irons)

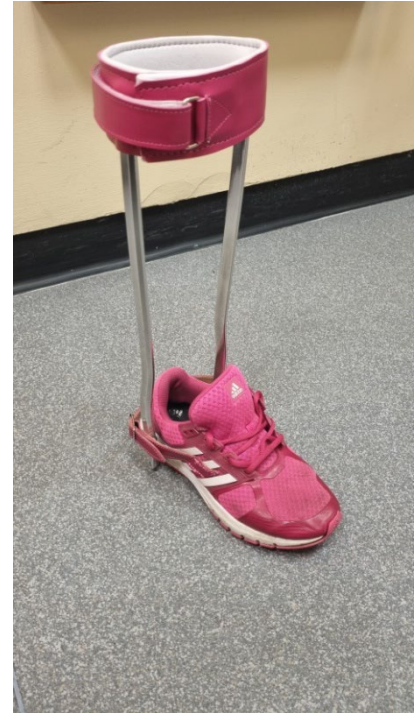
Below Knee Irons (BK Irons) are prescribed for several reasons, including:

- To limit or stop abnormal or painful movement
- To provide support to weak or weakening joints
- To help control abnormal muscle tone

Your BK Iron has been designed and manufactured specifically for your needs to provide support, comfort and improve your walking pattern.

Most BK Irons are made from leather and metal. A leather band sits around your calf and attaches to the sole unit of your shoe by one or two metal struts, which may include joints. Your own footwear may be adapted to fit a bk iron or you may have orthopaedic footwear supplied as part of your prescription.

BK irons can also be known as callipers.



Wearing your BK Iron

It is important to give yourself time to get used to your BK Iron. Build up the amount of time you wear it each day until it feels comfortable.

Once broken in, you should aim to wear it as much as possible to ensure you get the intended support and control.

Fitting

When putting on your BK Iron, it is usually easiest to attach it to your shoe and then put both on at the same time.

The calf band should be pulled snugly so that the device does not move on your leg, but not so tight that it causes discomfort.

Fasten any additional straps securely.

Caution

- **No part of your foot or ankle should be in contact with the metal side struts.** If this happens, stop wearing your BK Iron and contact the department for advice.

- Some redness around the calf band is normal after removal. This should fade within 30 minutes.
 - Check your skin regularly, especially if you have reduced sensation.
 - If you notice persistent redness, blistering, or skin breakdown, stop wearing your BK Iron and contact the department.
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Footwear

Your shoe must have a **firm, solid sole** to support the BK Iron. Footwear should not be excessively worn. A shoe with **laces or hook and loop (Velcro) fastening** that opens low on the foot will be easier to put on than a slip-on shoe.

Care

Please keep your BK Iron well maintained:

- Wipe with a damp cloth and towel dry.
 - Keep it away from direct heat.
 - If the leather or fastening straps become worn, return it to the Orthotics Department for repair.
 - Do not try to adapt or repair the device yourself.
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When to contact the department

Please contact the Orthotics Department if:

- You notice rubbing, pain, or persistent redness.
- Any parts become loose, damaged, or worn.
- You have concerns about fit or comfort.

Contact Details

Orthotics Department – Outpatients Zone 1, Clinic 7

📍 **Address:** Raigmore Hospital, Old Perth Road, Inverness, IV2 3UJ

☎ **Telephone:** 01463 704178

✉ **Email:** nhsh.orthotics@nhs.scot

🕒 **Opening hours:**

Monday – Thursday: 08:30 – 16:30 (Friday 08:30-16:00)

www.nhshighland.scot.nhs.uk/orthotics