

Addenbrooke's Rehabilitation Clinic 9 (ARC 9) (Orthotics Department)

Patient information about spinal Orthoses

General information

A spinal Orthosis is a brace custom designed to help control the movement of the back. Your doctor has recommended the use of a Spinal Orthosis to help control and/or prevent further curvature in your spine.

Wearing

Proper fit and placement (your Orthotist will demonstrate this)

You should always wear your brace over a close fitting cotton T-shirt or vest. Before fitting your brace, make sure that the material is smooth to avoid any folds or wrinkles in the material.

Your brace is designed to fit your body as snugly as possible in order for it to be effective. When putting your brace on it is important to position the indentations on the side of the brace, above the hip bones and just below the ribs or in a line with the belly button. The front edge of the jacket will come very low in front and press slightly on top of your legs when sitting. The bottom back of the jacket will be approximately one inch above the sitting surface.

Make sure the straps are secured firmly. If the brace is too loose then skin abrasions may occur.

Wear time

When you are first fitted with your brace you should wear into it gradually. This allows you to get used to wearing the brace and allows the skin to gradually build up resistance to the pressures which the brace is applying. You should check your skin regularly during the first few weeks. You may experience some general muscle aches until you are used to wearing the brace.

Days 1 & 2 – Wear the brace for one hour

Days 3 & 4 – Wear the brace for two hours

Days 5 & 6 – Wear the brace for three hours

Days 7 & 8 – Wear the brace for four hours

Week 2 – Wear brace six to eight hours

Week 3 – Wear brace 12 hours

Week 4 – Wear brace at night time and during the day for 16 – 20 hours

Week 5 onwards – Increase time wearing brace up to 23 hours per day.

Usually the brace should be worn most of the day and night (23 hours) with only a short break for washing. **Continuity of wear is vital.** However, your brace can be removed for contact sports and exercises that require agility as well as occasionally for parties or other social events. Your Orthotist will let you know if your wearing regime is different to this.

Skin care information

Your skin should be inspected regularly, especially in the first few weeks after been fitted with a new brace. Reddening is normal, especially where the brace is applying corrective pressures. Check your skin thoroughly under the jacket especially over bony areas, under the arms and across the top of the thighs for any red or irritated spots every day. If you see a red area that does not go away within 30 minutes of removing the brace or notice a break in the skin or blisters this should be reported to your Orthotist for either attention or advice.

Skin irritations

Skin irritations may occur from moisture and bacteria on the skin or if the jacket is not positioned or secured properly.

- Wiping the skin with alcohol wipes will help reduce moisture and bacteria on the skin under the jacket.
- Try changing the T-shirt more often and keeping the area clean and dry.
- If you get the brace wet, it must be completely dry before you put it back on.
- Check the position and tightness of your brace.

If the problem persists you should contact your Orthotist.

Caring for your spinal orthosis

Cleaning

Use an antibacterial soap and water to clean your brace. Rubbing alcohol may be used to wipe the jacket to help destroy bacteria that may be present and to remove soap residue. Towel dry the brace completely before putting it back on.

Straps and padding

The straps and padding may become worn and can be replaced. To arrange repairs please contact the Orthotic department.

Review

It is important to keep regular appointments with your Doctor and Orthotist so that your progress can be monitored.

Children may need several brace changes as they grow or gain weight. Minor adjustments can be made to the brace and we would recommend that your brace is reviewed by an Orthotist at least every four to six months.

Never attempt to repair or adjust your brace yourself. If you are experiencing any problems or have questions regarding your brace, please contact your Orthotist.

The contact details for the department are:

Addenbrooke's Rehabilitation Clinic
Clinic 9
Cambridge University Hospitals NHS Foundation Trust
Box 120
Addenbrooke's Hospital
Hills Road
Cambridge
CB2 0QQ

Telephone Number: 01223 217859



We are currently working towards a smoke free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS stop smoking helpline on 0800 169 0 169

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or

patient.information@addenbrookes.nhs.uk

Polish

Jeżeli chciałbyś uzyskać te informacje w innym języku, w dużej czcionce lub w formacie audio, poproś pracownika oddziału o kontakt z biurem Informacji Pacjenta (Patient Information) pod numerem telefonu: 01223 216032 lub pod adresem patient.information@addenbrookes.nhs.uk

Portuguese

Se precisar desta informação noutra língua, em impressão de letras grandes ou formato áudio, por favor peça ao departamento que contacte a secção de Informação aos Doentes (Patient Information) pelo telefone 01223 216032 ou através do e-mail patient.information@addenbrookes.nhs.uk

Arabic

إذا كنت تود الحصول على هذه المعلومات بلغة أخرى، بالأحرف الكبيرة أو بشكل شريط صوتي، يمكنك أن تطلب من القسم الاتصال بمعلومات المريض على الرقم: 01223216032 أو عبر البريد الإلكتروني: patient.information@addenbrookes.nhs.uk

Cantonese

如您需以另一語言版本、特大字體或錄音形式索取本資料，請要求部門聯絡病人諮詢服務：電話 01223 216032，電郵地址 patient.information@addenbrookes.nhs.uk

Turkish

Eğer bu bilgileri başka bir dilde veya büyük baskılı veya sesli olarak isterseniz, lütfen bulunduğunuz bölümdeki görevlilere söyleyin Hasta Bilgilendirme servisini arasinlar: 01223 216032 veya patient.information@addenbrookes.nhs.uk

Urdu

اگر آپ کو یہ معلومات کسی دیگر زبان میں، بڑے الفاظ میں یا آڈیو طریقہ سے درکار ہوں تو برائے مہربانی اس شعبہ سے پیشینہ انفارمیشن سے ذیل کے ذریعہ رابطہ کریں: 01223 216032 یا patient.information@addenbrookes.nhs.uk کی درخواست کریں:

Bengali

আপনি যদি এই তথ্য অন্য কোন ভাষায়, বড় অক্ষরে বা অডিও রেকর্ডিং পেতে চান তাহলে 'প্যাশেন্ট ইনফরমেশন' এর সঙ্গে 01223 216032 নম্বরে ফোন করে বা patient.information@addenbrookes.nhs.uk ঠিকানায় ই-মেইল করে যোগাযোগ করার জন্য ডিপার্টমেন্টটিতে অনুরোধ জানান।

Document history

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Department	Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
Contact number	01223 245151
Publish/Review date	January 2010/January 2012
File name	Spinal_Orthoses
Version number/Ref	1/PIN2458