

## **Important Wearing Instructions for your Scoliosis Orthosis**

### **Applying Your Orthosis with a Helper**

1. Hold onto each side of the orthosis and spread it open so you can twist into it. The orthosis is stiff when it is new and you might need some help to do this.
2. The opening should be centered on your back so the crease of your buttocks is in the middle of the opening.
3. Place your hands on your hips and push the orthosis down so that the sausage shaped pads (waist pads) on the inside of the orthosis rest just above your hips and just below your ribs.
4. Lean forward and so that your forearms are resting on a table, dresser, counter, etc. – then have your helper thread the straps through the buckles.
5. While you are still leaning forward, your helper will apply pressure with the flat of one hand to orthosis on the side opposite of the buckle. At the same time the helper pulls the Velcro strap with the other hand toward the hand applying the pressure.
6. Secure the middle strap first, then the bottom strap and finally the top strap. You will notice some slack in the middle strap, and possibly the bottom strap, once you have tightened all the straps. Go back and snug these straps to remove the slack.

### **How to Apply and Tighten the Orthosis without Help**

1. Put the orthosis on your body as described above.
2. Reach around to your back and thread the straps through the buckles.
3. Lean forward from your hips and then pull the straps out, down and away from the buckle side. Tighten the straps in the same order. Remember, this takes practice so try to be patient.

## Cleaning Your Orthosis

It is important to clean the foam liner of your orthosis daily. It will not absorb moisture; however, perspiration will collect and accumulate on it. Clean the foam with rubbing alcohol. The rubbing alcohol will disinfect the liner and quickly evaporate.

## Skin Care

1. Be sure to bathe daily.
2. Always wear a clean, snug, cotton undershirt (without side seams) under your orthosis.
3. Always wear underpants over your orthosis.
4. Wear your orthosis as tightly as possible. A loose orthosis may rub and cause skin breakdown (sore, red, raw skin).
5. ALWAYS contact your Orthotist if your orthosis is not comfortable and requires adjustment.

## Cleaning Your Orthosis

Your orthosis should be cleaned daily with rubbing alcohol or soap and water, thoroughly rinsed, and towel dried.