

Important Wearing Instructions for your Spinal Orthosis

Your orthosis (brace) is made of a high temperature plastic and it may or may not have a soft liner. To provide spinal stability it will limit some motions of your torso. Your physician will advise you on how long you must wear your orthosis and which activities are permitted.

Applying Your Orthosis

1. While standing, open the orthosis and wrap it loosely around your torso.
2. Lie down on your back and align bumps in the middle of the brace so that they fall in the soft area above your hips and below your ribs.
3. Tighten the middle strap first, then the bottom and top straps. You may need to go back and take slack out of the straps after they have all be tightened.
4. Log roll onto your side, allow your feet to hang over the edge while using your lower arm, elbow and opposite hand to lift your body off the surface to a sitting position.

NOTE: Your orthosis is most effective when applied/tightened in the lying down position because your orthosis can be applied much tighter. In situations where application from a lying down position is not possible, apply the orthosis from a standing position with your knees and hips flexed.

Postoperative Protocol for Applying Your Orthosis

1. Lie on your side with your hips and knees slightly flexed.
2. Have someone gently open the orthosis slide it under you.
3. Align the bumps in the middle of the brace with your waist.
4. Rotate the orthosis as needed to ensure proper alignment.
5. Have someone help you log roll onto your back and realign the orthosis.
6. Secure the straps – middle, bottom then top.

MAIN OFFICE: 1-800-879-1245
CUMBERLAND OFFICE: 301-777-7086 • EASTON OFFICE: 410-822-7599 • SINAI OFFICE: 410-5542-6500
Hours of Operation: Monday through Friday, 8:00 am - 4:00 pm

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PROSTHETICS & ORTHOTICS

Lying in bed with your orthosis on takes some adjustment. If lying on your back, put a pillow (or two) under your knees. Some patients find it comfortable to lie on their side with a pillow between their knees.

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.

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