

Important Wearing Instructions for your Spinal Orthosis

Your orthosis (brace) is made of a high temperature plastic with a soft liner. It is designed to provide spinal stability. In order to do this, it may limit some motions of your torso.

A clean, wrinkle free T-shirt or tank top should be worn between you and the orthosis to wick away moisture and reduce friction. All of your other clothing, including your underwear, should be worn over the orthosis.

Be sure the orthosis is properly positioned by checking that the waist grooves (the bumps inside the orthosis) are aligned with your waist, the soft area between your lower rib and your hip. Positioning of both sides should be checked in case the orthosis is canted.

If your orthosis is in two separate pieces (a bi-valve type), be sure that the front portion **overlaps** the back portion.

Once positioned properly, start to tighten the straps, working from the bottom toward the top.

If the orthosis is not put on lying down, it is very important to **lie down to tighten the straps** in order to obtain the most support.

You can clean your orthosis with rubbing alcohol and it should be dried thoroughly before putting it back on. DO NOT place it near heat or use a dryer to dry the orthosis as the shape of the plastic may deform.

Unless instructed otherwise by your physician, you should wear your orthosis whenever you are out of bed.

If you have any questions or concerns regarding your orthosis, please do not hesitate to call our office.