

About Your New Spinal Brace

The Orthotic & Prosthetic Centers

Your new spinal brace is designed to provide you with secure, comfortable upper body support. The information below – along with the specific guidance from your orthotist and or physician – will tell you what to expect when using your spinal orthosis.

Follow your health care providers' instructions carefully to use this device safely and effectively; this document is designed to give you general "getting started" instructions. Please take the time to read this information carefully. Always contact your orthotist if you have any questions.

Positioning Your Spinal Brace

Use the waist pads inside the spinal orthosis to position your brace. The waist pads should rest between the top of your hipbone and your lowest rib (waist). Be sure the waist pad on each side of the brace is properly located and the orthosis is centered at your midline.

Proper Strap Tension

Straps should be tightened so they are comfortably snug. The object is to eliminate excess motion between your body and the orthosis, but NOT to overtighten the straps. Look for pre-marked lines your orthotist may have made on the straps for quick reference.

Jacket Migration

Most spinal braces have a tendency to migrate upward. A slight change in the location of the spinal brace is expected when you sit up after having been lying down. Be sure the straps on the orthosis are secured firmly enough to avoid migration.

Comfort Tips

Always wear your spinal brace over a cotton tee shirt that provides coverage in all of the contact areas of the brace. Try to keep the fabric smooth against skin and avoid fabric wrinkles or bunching. Feel free to change your tee shirt halfway through the day to increase your comfort.

Areas of Redness

Some minor surface redness is common and should dissipate quickly. Check for localized redness after each wearing period and before continuing with the break-in schedule. If redness, irritation persists call your orthotist for adjustments.

Adjustments

Adjustments for fit and function can be made by appointment.

Please contact us if you have any questions.

Braintree

197 Quincy Avenue- Route 53
Braintree, MA 02184
781 794 9991
781 794 1769 / Fax
800 634 0606

North Smithfield

63 Eddie Dowling Highway
North Smithfield, RI 02896
781 794 9991
781 794 1769 / Fax
800 634 0606

Plymouth

124 Long Pond Road, Suite 3
Plymouth, MA 02360
774 773 9739
774 773 9679 / Fax

West Yarmouth

126B MidTech Drive
West Yarmouth, MA 02673
508 775 2570
508 775 7609 / Fax

(More On Reverse Side)



800 634 0606
oandpcenters.com

Break-in Procedure

Follow the directions of your physician if different from below.

Begin use of the brace with an initial wearing period of one half-hour. If you find no problems or have no questions, you may safely double each wearing period.

For example, 1/2 hour to 1 hour, 1 hour to 2 hours, 2 hours to 4 hours etc.

Work up to a total of _____ hours per day.

Follow-up care and emergencies

Follow-up visits with your Orthotist are vital for your healing – don't skip any scheduled appointments. Call our office with any questions or problems. For medical emergencies, call 911 or your local hospital.

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