

Spinal Brace Instructions

Jewett

Information for patients who have sustained a spinal fracture and require a brace



Therapy Services

Patient Information

Reason for wearing the brace

The brace is used to limit movement of your spine as much as possible whilst the fracture is healing. You should wear the brace until the spinal team tell you it is no longer required

Care of the Brace

The brace can be kept clean by wiping it down with a damp sponge with gentle soap. The brace can be worn in the shower but it must be removed afterwards and towel dried thoroughly. No heat should be used to dry the brace.

Precautions

Your skin should be checked regularly when wearing the brace, especially when you first start wearing it for any signs of pressure. Mild red marks on the skin may be caused by the brace but these should disappear within 15 minutes after removing the brace.

If you any problems with your brace please call the orthopaedic therapy team so the brace can be checked.

For further guidance refer to the spinal fracture booklet.

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Getting to know your brace



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Fitting the Brace

Clothing

The brace should be worn over a tight fitting vest or T-shirt, preferably cotton so the brace is not touching your skin.



The brace should be fitted in lying unless you are instructed otherwise. Place the brace so the pelvic band is sitting on your hips (not on your waist) and it is fitting securely. The top of the brace should be level with the centre of your chest bone.



With the brace in place either log roll to one side and place the back pad underneath the spine, or bridge your back with your knees bent and feet planted. Make sure the pad is located over the centre of your spine and the strap is not twisted

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Pull the strap through and hook the white clip onto the large screw.



Then tighten the strap by pulling the locking buckle forwards until you here it clip shut. The pad should be firm in the centre of you back; you will also feel pressure over the pelvic band and the chest pad.

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Sit up and check for comfort and position. Check to see it is centred over the spine.

Removal of the brace

The brace should only be removed once you are lying flat on your back.



Press the clip on the underside of the locking buckle until you feel it release.

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Pull forward to unhook the clip form the screw.



To remove the back pad either log roll or bridge.

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Contact details

If you require further advice please feel free to contact us:

Orthopaedic Therapy Team 01202 448179

For further general health-related information, please ask the relevant department for an Information Prescription or contact:

The Health Information Centre

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We can supply this information in other formats, in larger print, on audiotape, or have it translated for you. Please call the Patient Advice and Liaison Service (PALS) on 01202 448499, text 07758 272495 or email pals@poole.nhs.uk for further advice.