

## **Spinal Brace Instructions**

### **OrthoLux**

Information for patients who have sustained a spinal fracture and have been fitted with an OrthoLux 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 soapy water but it must be dried thoroughly before being worn. 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.

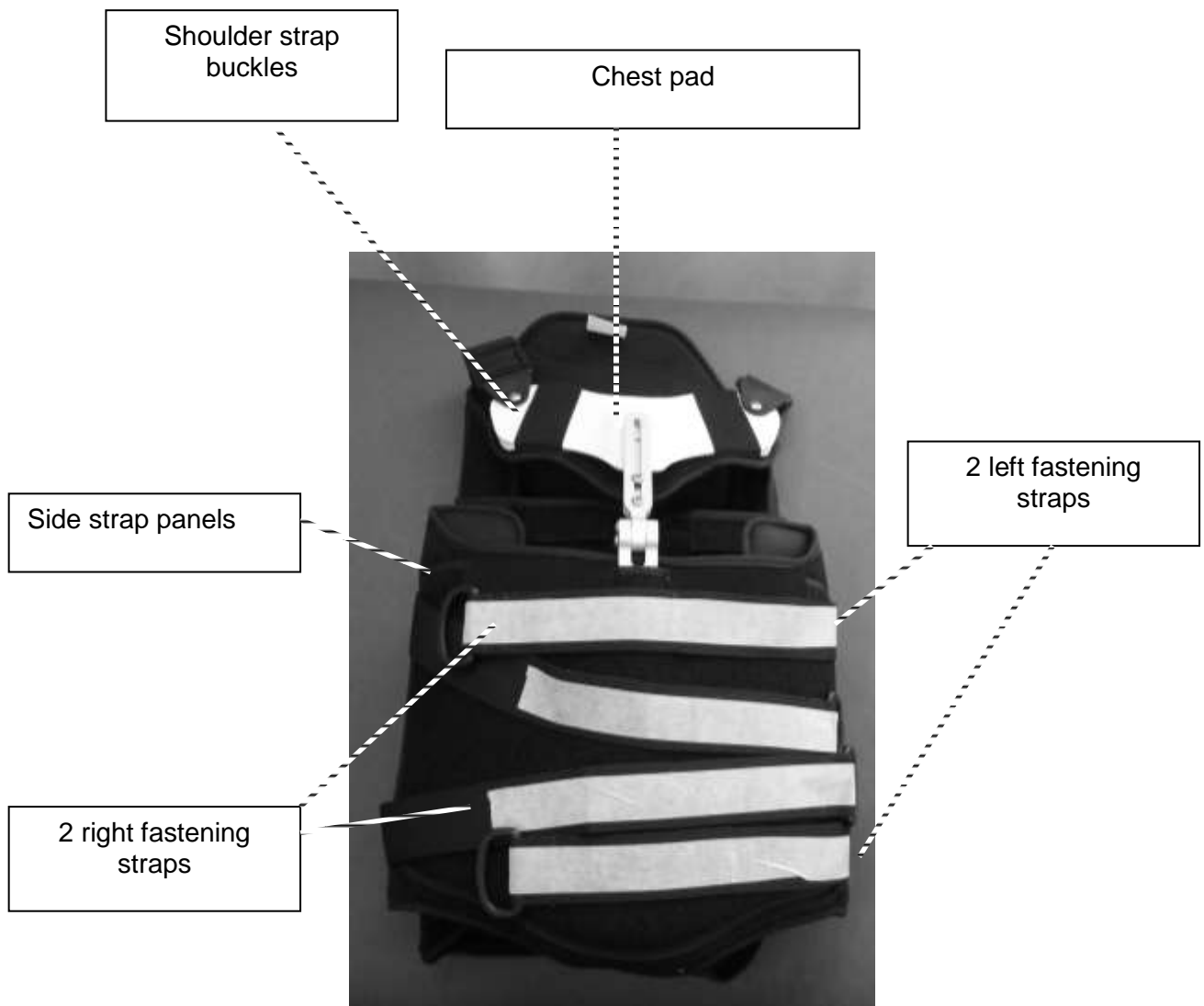
For further guidance refer to the spinal fracture booklet.

---

## Getting to know your brace

**\*Therapy Services\***  
**Patient Information**

---



**Fitting your brace**

---

## \*Therapy Services\*

# Patient Information

---

We recommend wearing a cotton t-shirt or vest under the brace.

Ensure you are lying flat on your back when not wearing the brace with one pillow supporting your head.



Loosen the right and left fastening straps on the front of the brace

Undo the Velcro side panel with the tab fastening attachment on one side of the brace and open brace up with the other side still attached



## \*Therapy Services\*

# Patient Information

---

Roll onto one side. If needed a second person can assist you to roll



The second person can now position the brace so that the back panel is centred on your spine. The bottom of the brace should be positioned just above the bottom crease.



## \*Therapy Services\*

# Patient Information

---

Roll onto your back and on top of the back panel



If needed you can bridge with your knees bent and your feet planted on the bed. Lift your bottom up so the brace can be centralised.



**\*Therapy Services\***  
**Patient Information**

---

Fasten the right side panel onto the corresponding Velcro area on the front of the brace. Pull the two straps either side out of the brace and leave stretched out



Tighten the straps starting with the top straps, bring one then the opposite strap across then move on to the bottom straps. Try to get even lengths of straps on the brace.



## \*Therapy Services\*

# Patient Information

---

Clip in the shoulder buckles attached to the chest/sternal plate to the shoulder straps. The brace should look like this. You should not need to move the sternal plate as this would have been done by the therapist.



Do your final checks for alignment whilst in sitting and then standing.





## \*Therapy Services\*

# Patient Information

---

### Removal of the brace

Lie flat on your back and undo the fastening straps on both sides and unclip the shoulder buckles. Next remove one of the side strap panels



Lift the front panel of the brace over to the opposite side which is still attached



## \*Therapy Services\*

# Patient Information

---

Roll to your side and the second person can remove the brace. In this position your back could now be washed.



### Adjusting chest / sternal plate



If the sternal plate needs adjusting or tightening, use the Allen Key provided to loosen the two nuts on the front of the plate, as shown above. The adjustment can then be made and the nuts retightened.

## \*Therapy Services\*

# Patient Information

---

### Contact details

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

Occupational Therapy	01202 442243
Physiotherapy	01202 448179

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

#### The Health Information Centre

Poole Hospital NHS Foundation Trust  
Longfleet Road  
Poole  
Dorset  
BH15 2JB  
Telephone: 01202 448003

Author: Orthopaedic Therapy Team  
Date: May 2015  
Review date: May 2017  
Version number: 3

Information Standard logo to be inserted here on final copy of leaflet. Your leaflet cannot be given to patients until this logo has been inserted. The logo can **only** be applied by the Patient Information Team.

**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](mailto:pals@poole.nhs.uk) for further advice.**

**If you wish to make any comments on this leaflet, please contact the Patient Information Team confidentially: by phone on 01202 448003, by post to the Health Information Centre (address above), or email [patient.information@poole.nhs.uk](mailto:patient.information@poole.nhs.uk).**