ORTHOLESE

Shaping lives

A guide to your spinal brace

Shaping lives

W: www.ortholese.co.uk | E: enquiries@ortholese.co.uk

Your spinal brace

You have been provided with a spinal brace, which your Orthotist has designed to control and support your spine and pelvis. This guide provides you with information on how you should wear and care for your spinal brace.

To make your brace, a plaster cast will have been taken of your body and used as a mould to design your thermoplastic brace. Every Ortholese spinal brace is unique and made to your Orthotist's precise specification and measurements, to ensure maximum benefit and comfort.

Wearing the brace

- Before putting on the brace, we recommend wearing a cotton t-shirt or vest which covers all areas of the skin that come into contact with the brace. For maximum comfort, ensure that it is well fitting to avoid any creases inside the brace.

- Your Orthotist will show you how to put your brace on. Make sure the waist of the brace sits around your waist and that you fasten the straps firmly so that the brace is secure.

- Your Orthotist will tell you how long the brace should be worn for and provide you with a wearing regime. Make sure that you follow this regime at all times as continuity of wear is critical to the effectiveness of the treatment.

- It can take time to get used to wearing your spinal brace. Whilst your Orthotist will ensure that it is as safe and comfortable as possible for you to wear, it may alter the way you move. We advise that you gradually build up the length of time you wear your brace to help you become accustomed to it, and to ensure that it will not cause any ill effects, such as skin irritation or damage.

Caring for your skin

Your skin will gradually build up a resistance to the brace, but some redness of the skin can be expected because it has been designed to apply specific pressure to your body.

It is important that you regularly check your skin for any signs of soreness, especially in the first few days. If you experience any pain, discomfort, blistering or severe redness of the skin, please report it to your Orthotist.

Caring for your brace

To clean your spinal brace, simply wipe over with a damp cloth and leave to dry. Do not use any harsh chemicals or cleaning products.

Please do not try to adjust the brace yourself. If you feel that it is not fitting correctly, then please contact your Orthotist.

About Ortholese.

With over 30 years' experience, we are experts in the manufacture of orthoses. We have built a reputation of providing the highest levels of quality and accuracy and are proud to work with Orthotists across the UK to make a considerable difference to patients' lives, promoting wellness and independence.

Contact

If you have any questions or need further advice about your spinal brace, please contact your Orthotist.

Orthotist:

Contact number:

E: enquiries@ortholese.co.uk