

Useful tips:

- Wear a snug fitting T-shirt underneath your brace for skin protection and comfort. It is advisable to have a change of t-shirt/vest especially in the warmer weather.
- Sliding shoulder pads can be moved up or down for your comfort but should always be positioned to the front of your shoulder.
- Velcro straps should be doubled back and attached to themselves when brace is not being worn to ease re-application.
- When wearing the brace you should be able to sit without discomfort. If you find it is uncomfortable then you may need to re-adjust your brace to allow you to sit in a comfortable position but still be fully supported by your brace.

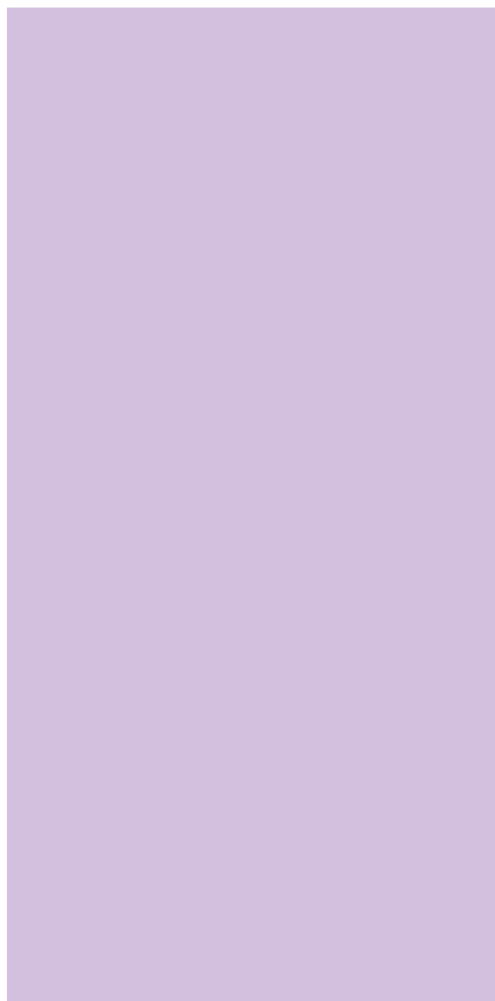
Contact us

If you have any concerns regarding your brace, please contact:

Orthotics Department
SMART Centre
Astley Ainslie Hospital
133 Grange Loan
Edinburgh
EH9 2HL

Telephone: **0131 537 9418**

Notes



Website:

<https://services.nhsllothian.scot/scottishnationalspineservice/>



Wearing your spinal brace after surgery – Osteoplus brace

Information for
patients, parents and
carers

**SCOTTISH NATIONAL SPINE
SERVICE**

Introduction

This leaflet has been developed to advise you on successful wear and care of your spinal brace post surgery.

Ideally your spinal brace will have been fitted prior to your admission so please remember to bring it with you to prevent any delay to your rehab.

Why do I need to wear a spinal brace?

Your spinal brace will help you keep your back in a good, safe position, supporting you whilst you heal following surgery.

When should I start wearing my brace after my surgery?

Your Spinal Consultant and Physiotherapist will advise you when to start wearing your brace following your surgery. When successfully fitted, you should aim to wear your brace whenever you are up and out of bed, however your specific prescription will be discussed with you.

The components of a spinal brace (for kyphosis including Scheuermann's)

Sliding shoulder pads

Shoulder straps – to encourage good posture

Fastening straps – to keep the brace snug and secure

Elasticated support bandage with finger pieces

Back panel – to encourage good posture

Lumbar corset – supports to lower back



How to position your spinal brace correctly

To ensure your brace is positioned and fitted correctly please follow the steps below:

- 1) Brace should always be worn over a vest or T-shirt.
- 2) Put the shoulder straps on, as you would a backpack. Make sure the shoulder pads are sitting at the front of your shoulders.
- 3) Bring the lumbar corset around your hips, the bottom of the brace should skim over your bottom, then secure with the Velcro. This must be as snug as possible to stop the brace moving up and down.
- 4) Place your fingers into the pockets of the additional belt and secure each over your tummy.
- 5) The shoulder straps should then be crossed over at the front and attached to the corset ensuring they are pulling both shoulders back into the back plate.