

Spinal bracing advice for schools and nurseries



Your pupil has recently been fitted with a spinal brace. This is a custom medical device which is intended for their use only. It may be a corrective brace to prevent progression of their curve, a postural brace to help their sitting balance or a brace fitted for protection after surgery.

A meeting with your pupil and their parent/carer would be useful in sharing information and agreeing on set goals. Dependant on its purpose, the brace will have to be worn between 10 and 20 hours per day. Treatment will involve regular trips to their clinician to have it checked/adjusted and to replace as necessary. This is a big commitment for all involved.

Please try to help with any anxiety your pupil may be feeling around wearing the brace, or around feelings or comments from other pupils. Have an open discussion about whether your student wants others in their class to know. Your pupil may need help putting the brace on and taking it off. This is a fairly easy process and can be demonstrated by parent/carer or there are videos available on the website below.

Physical exercise is a really important part of a child's daily activity. If your pupil has been prescribed with a corrective style of brace, we advise that the brace is removed during sports/PE classes to allow unrestricted movement and use of the core muscles. This also helps with the prevention or management of back pain. However, please note that if the brace has been provided for support/ protection it will need to stay on during all activities. If in any doubt about the wear time regime, please speak to your pupil's parent/carer. Your pupil may need some additional time and a private place to change and remove/put on the brace. They may also need a friend or a staff member to help with the straps.

The brace may need to be removed to use the toilet or for changing. Please check with your pupil and their parent/carer.

Braces are worn under clothing so a larger size of clothing may be needed. The style of clothing also needs to be considered.

For older pupils there are also some considerations during lessons:

1. Seating. Your pupil will likely struggle to sit on the floor for long periods, and it is important they feel supported and comfortable when sitting on any chair.
2. They may need to get up and have a stretch/short walk from time to time. This should be balanced, without drawing attention.
3. Carrying heavy bags whilst wearing a brace can be detrimental and uncomfortable. If possible, storage may be helpful.

It is also important that your pupil feels confident in relaying any issues they may be having and that these can be dealt with appropriately.

If you have any concerns and would like to speak to us then we are happy to do so with consent from a parent/carer.

You can also access additional information including the videos mentioned on our website:

<https://services.nhslothian.scot/scottishnationalspineservice/your-brace-with-us/>

