

Orthotics

A Guide to your Spinal Orthosis for Acute Injuries

Introduction

It is likely that you have suffered a recent spinal injury or had recent spinal surgery and require a support to protect your spinal column during the rehabilitation process.

Your spinal orthosis (neck brace or back brace) has been selected to meet your individual needs.

The spinal orthosis aims to protect your spine by:

- Controlling joint instability
- Preventing excessive joint motion
- Improving joint alignment
- Reducing joint pain

Spinal orthosis can be complex devices so their designs vary to suit each individual and the level of the spine which requires stabilisation.

There are three main types:

1. Rigid devices with plastic or metal sections or supports
2. Fabric devices
3. A combination of rigid and fabric sections



Patient Information

Wear Time

Prior to being discharged, the Doctor in charge of your care will give you an indication on how long and when to wear your brace; please ensure you are aware of this information. If you are unsure please ask the Doctor in charge of your care before leaving hospital.

Fitting Instructions

The Spinal Orthosis is fitted whilst you are lying down; you may need the help of a carer to put your orthosis on.

Ensure the spinal brace is placed low down over your hips and the velcro straps are fastened securely.

If the brace has a chest plate then ensure the plate is sat firmly on your chest and the straps over the shoulder are fastened securely.

Collars need to sit firmly under the chin, ensuring there is not too much pressure on the skin over the shoulder or behind the head. Fasten velcro straps securely to minimise the amount of head and neck movement.

Skin care

If you have been supplied with a back brace, it is advised to wear a thin cotton t-shirt or vest and wear the brace over this. Unless you have been instructed by a doctor **not** to remove the orthosis you should **check your skin for any signs of marking or redness each time you remove it.**

It is particularly important to check your skin daily if you have reduced sensation, i.e. numbness, in the area where you are wearing your brace.

There is always a risk of pressure and rubbing when wearing a spinal orthosis.

Caring for your device

You can clean your spinal orthosis with a damp cloth and dry with a towel. Do not dry with a hot appliance, e.g. a hairdryer, as this may deform the plastic.

Patient Information

If your spinal orthosis has removable padding, this can be machine washed as required. You would have been supplied with a spare set of pads before leaving the hospital; please make sure you have these with you.

Each time you wear the orthosis check the orthosis and straps/connectors for cracks or wear and tear. **Do not attempt to repair the brace yourself; contact the Surgical Appliances Department to arrange for a replacement.**

Further Information

If you require any further information or have more questions, please contact the Surgical Appliances Department using the details below.

Coventry

Surgical Appliances Department

University Hospital, Coventry

Clifford Bridge Road

Walsgrave

Coventry

CV2 2DX

Telephone number: 02476 966035

Opening Times

Monday–Thursday 08:30-16:30

Friday 08:00–16:00

Closed Bank Holidays

Rugby

Surgical Appliances Department

Hospital of St Cross, Rugby

Barby Road

Rugby

CV22 5PX

Telephone number: 01788 572831

Opening Times

Monday–Wednesday 08:30-16:30

Closed Bank Holidays

Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 02476 966035 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History	
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