

Orthopaedics

Spinal orthosis for acute injuries

You need a support to protect your spinal column after a recent spinal injury or spinal surgery. A spinal orthosis can be a neck brace or back brace. Your spinal orthosis was 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. 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

Wear time

Before you're discharged, the doctor in charge of your care will tell you how long and when to wear your brace. Make sure you are aware of this information. If you are unsure, ask your doctor before leaving hospital.



Patient Information

Fitting instructions

The spinal orthosis is usually fitted whilst you are lying down. You may need a carer to help you put your orthosis on. Your doctor will tell you if you need to sit or stand to put the orthosis on.

Make sure the spinal brace is placed low down over your hips. Fasten the Velcro straps securely. If the brace has a chest plate, make sure the plate is sat firmly on your chest and the shoulder straps are fastened securely.

Collars need to sit firmly under your chin. Make sure there is not too much pressure on the skin over your shoulder or behind your head. Fasten the Velcro straps securely.

Skin care

If you have a back brace, wear the brace over a thin cotton t-shirt or vest. Check your skin for any signs of marking or redness each time you remove the orthosis. You may have been instructed by your doctor not to remove the orthosis.

Check your skin daily if you have reduced sensation (numbness) in the area you are wearing your orthosis.

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

Caring for your device

Clean your spinal orthosis with a damp cloth and dry with a towel.

Do not dry your orthosis with a hot appliance. This may deform the plastic.

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

Patient Information

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 Orthotic Department to arrange for a replacement.

More information

If you need any more information or have more questions, please contact the Orthotic Department using the details below.

Contact details

Coventry

Orthotics/ Surgical Appliances Department
University Hospital, Coventry
Clifford Bridge Road
Walsgrave
Coventry
CV2 2DX
Telephone number: 024 7696 6035

Opening Times

Monday to Thursday, 8:30am to 4:30pm
Friday, 8am to 4pm
Closed Bank Holidays

Rugby

Orthotics/ Surgical Appliances Department
Hospital of St Cross, Rugby
Barby Road
Rugby
CV22 5PX
Telephone number: 024 7696 6035

Patient Information

The Trust has access to interpreting and translation services. If you need this information in another language or format, please contact 024 7696 6035 and we will do our best to meet your needs.

The Trust operates a smoke-free policy.

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