

Physiotherapy Department

Spinal Brace

Introduction

Spinal braces are used to enable spinal movement following events such as spinal surgery or trauma. The brace provides extra stability and minimises further damage, allowing you to sit and/ or walk.

It is essential to wear this brace every time you are getting up or out of bed and that you follow the application and removal instructions below.

The Spinal Brace



Application

This is always done in lying flat in bed

Step 1

- The individual rolls or is rolled onto their left side.
- Place the back panel of the brace underneath the individual, ensuring the bottom of the brace is level with top of buttocks and the left side strap section is tucked under the waist curve.



Patient Information

- Position the brace across the bed enabling the individual to roll back onto it centrally.

Step 2

- The individual rolls onto their back.
- Position arms to the side of the individual allowing full access to the brace.



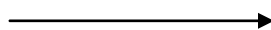
Step 3

- Position the front panel centrally across the individual.
- Undo the 'corset bar left', 'D loop top left' and 'D loop bottom left' from side wing left.
- Secure the 'corset bar left' onto the front panel (as Image 3).



Step 4

- Tighten 'D loop top left' and attach onto the front panel.
- Tighten 'D loop bottom left' and attach onto the front panel.
- Ensure there is no slack within the corset part of the brace either side; tighten if required by using the 'D loop top' and 'D loop bottom' on both sides.



Patient Information

Step 5

- The individual will need to roll themselves onto their side to get out of bed and bring themselves into the sitting position.
- When sitting, the brace should be central and sit low, as demonstrated in Image 5 and Image 5a.
- In sitting the shoulder straps should be clipped in and adjusted as necessary to ensure a firm comfortable fit.



If the brace is too high or not centrally aligned on the individual **do not adjust in sitting**. Return the individual to supine, remove the brace, and recommence from Step 1.

Removal

Step 1

- Return individual to a lying position prior to removal of the brace.



Step 2

- Undo the clips on shoulder strap left and shoulder strap right at the front.

Step 3

- Undo the top D loop left and bottom D loop left and attach to corset bar left.

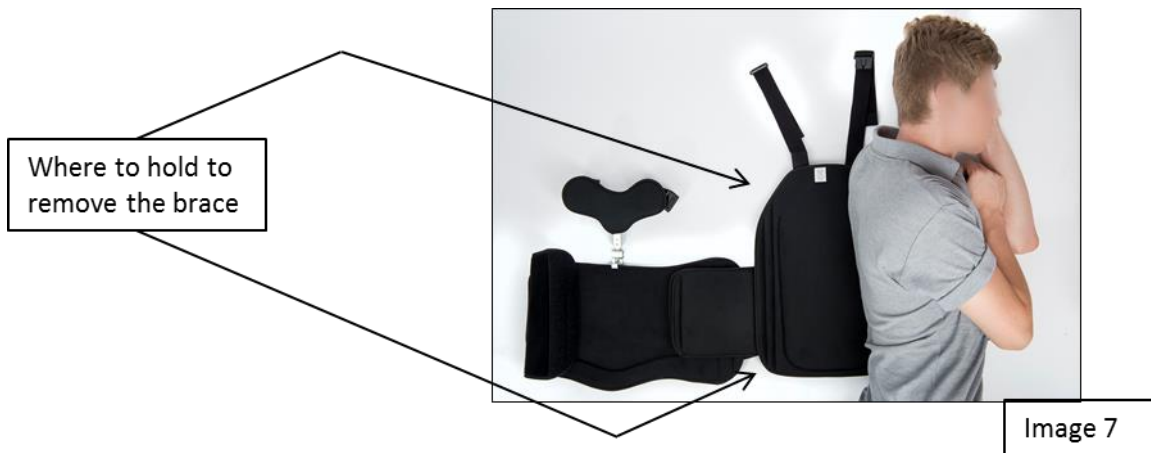
Patient Information

Step 4

- Release the corset bar left from the front section. The brace will now open.

Step 5

- The individual rolls onto their left side.
- To remove the back panel from underneath the individual, hold the top and the bottom of the large back panel and slide it away from the individual.



Further important information

- The brace must be worn when the individual is fully sat up in bed and when out of bed for the duration as guided by the appropriate medical team.
- Skin checks should be carried out daily by a family member. If there is an area of skin found to be broken, please get it reviewed by a GP Practice Nurse who may advise you to contact the Surgical Appliances Department for review (024 7696 6035).
- The brace can be cleaned by wiping it over with a damp cloth and leaving it to dry.
- The brace is not to be worn for showering –a strip wash of the upper half of the body in bed is required.
- Do not adjust the chest plate or Allen key settings. If you feel adjustments are required please contact Surgical Appliances. The screws occasionally loosen; therefore please tighten if this is noticed.

Patient Information

- If the brace is riding up on movement, it is likely that it has not been applied tightly enough. If so return to start position on the bed, adjust and tighten as above instructions.
- If any positioning adjustments are required then, return the individual to the start position (lying in bed) and refit the brace. Do not undo and/or adjust in sitting / standing.
- These spinal braces are for individual patient use and should therefore be disposed of as clinical waste once no longer required by the individual.

The Trust has access to interpreting and translation services. If you need this information in another language or format please contact 024 76 965130 and we will do our best to meet your needs.

The Trust operates a smoke free policy.

Document History

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