

Your custom-made Flex Foam® Spinal Orthosis is designed to provide you with secure, comfortable spinal support. The information below – along with the specific guidance from your physician & orthotist – will tell you what to expect when using your spinal orthosis.

Before donning orthosis patient should be sure to wear a tight-fitting, cotton t-shirt or stockinette. Wrinkles under the orthosis can cause irritation and skin breakdown.

Follow physician and orthotist instructions for length of orthosis wear.

Positioning Your Spinal Brace

Use the waist pads inside the spinal orthosis to position your brace. The waist pads should rest between the top of your hipbone and your lowest rib (waist). Be sure the waist pad on each side of the brace is properly located and the orthosis is centered at your midline.

Proper Strap Tension

Straps should be tightened so they are comfortably snug. The object is to eliminate excess motion between your body and the orthosis, but NOT to overtighten the straps.

Jacket Migration

Most spinal braces have a tendency to migrate upward. A slight change in the location of the spinal brace is expected when you sit up after having been lying down. Be sure the straps on the orthosis are secured firmly enough to avoid migration.

Comfort Tips

Always wear your spinal brace over a cotton tee shirt that provides coverage in all of the contact areas of the brace. Try to keep the fabric smooth against skin and avoid fabric wrinkles or bunching. Feel free to change your tee shirt halfway through the day to increase your comfort.

Areas of Redness

Some minor surface redness is common and should dissipate quickly. Check for localized redness after each wearing period and before continuing with the break-in schedule. If redness, irritation persists call your orthotist for adjustments.

(More On Reverse Side)

Follow physician and orthotist instructions for acceptable activities while wearing orthosis. Physician's orders should supersede all protocol.

Adjustments

Adjustments for fit and function can be made by appointment.

Cleaning

The orthosis can be cleaned with soap and warm water or rubbing alcohol. Be sure to thoroughly rinse any soap/detergents off and dry the orthosis before donning.

Break-in Procedure

Begin use of the brace with an initial wearing period of one half-hour. If you find no problems or have no questions, you may safely double each wearing period.

For example, 1/2 hour to 1 hour, 1 hour to 2 hours, 2 hours to 4 hours etc.

Your orthotist will give you instructions on how many hours per day you should be wearing the orthosis for best results.

Follow-up care

Follow-up visits with your Physician and Orthotist are vital for your healing – don't skip any scheduled appointments. Adjustments for fit and function can be made by appointment with your orthotist.

