



# Providence Nocturnal Scoliosis® Orthosis Protocol

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A Suggestion for  
Best Practices



**Spinal**  
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# Benefits of the Providence Nocturnal Scoliosis® Orthosis

The Providence® brace was designed to correct both single and multiple scoliotic curvatures while in the recumbent position. When considering lumbar correction in the Providence® brace, the pelvic area on the convex side of the curve is not enclosed in the brace, which allows increased pad pressure and progressive lumbar correction as the patient's pelvis widens with growth. Another design benefit is the large void areas opposing the convex side of curve/curves. These void areas allow for derotation of the spine, expansion of the lungs for proper breathing, and overall comfort for the patient.

## Initial Fitting

At the initial fitting, we recommend the practitioner draw lines on the straps to make it easier for the patient to gradually tighten their brace. The goal should be for the patient to have adjusted the straps to the tightest point within the first 2–3 weeks of wearing the brace or before their follow-up appointment and initial in-brace X-ray. Over time, the patient can progressively tighten the brace to its appropriate fit.

After the initial fitting of the brace, there is a “break-in period.” A loose fit is recommended until the patient can tolerate wearing the brace throughout the night. Then, progressive tightening should begin.

## In-Brace X-ray Protocol

Research shows there is a strong correlation between best or initial in-brace correction and follow-up correction. The Providence® brace is a recumbent-position orthosis. It is vital that the orthotist instructs the patient and caretakers on the donning of the brace to ensure the best outcome for the initial in-brace X-ray.

All in-brace X-rays must be taken with the patient in the supine position. The Providence Nocturnal Scoliosis® Orthosis is a recumbent brace.

## Follow-up Appointments

At the first follow-up appointment, the practitioner should check for any fitting issues the patient may be experiencing. Return visits should be every three months. The brace may need new straps after six months if the orthosis is being worn for the recommended duration.

Please keep in mind that it is recommended that you follow the patient's orthopedic surgeon's protocol. If applicable, it is best to schedule your patient's visit around the surgeon's scheduled visits to minimize inconvenience for both the patient and their family.

## Brace Spacer

The Providence® brace is shipped with one (1) spacer (attached to the opening). This spacer helps maintain the shape of the brace during shipping and handling, as well as limit unwanted effects like the opening and curling of the brace. We recommend providing the spacer for the patient to use when the brace is not being worn.



Scan the QR code for a handout you can send to radiology with your patient.

## Wear Time Success

Studies have shown there is a direct correlation between the hours of brace wear and the rate of correction in scoliosis patients.

### stWear™ Compliance Monitoring System

We developed the stWear™ to help doctors, orthotists, parents, and patients share the common goal of compliance. The system includes our online stWear™ portal for physicians, practitioners, and office administrators, a smartphone app for parents, and a compliance monitor with extended battery life and bluetooth capability.

The stWear™ Compliance Monitoring System can improve patient outcomes by monitoring scoliosis patient compliance and taking the guesswork out of the equation. Through the stWear™ portal, the orthotist has the ability to create weekly or monthly reports that will tell how often, and for how long, the patient is actually wearing the brace. The orthotist and parents both have the opportunity to see the compliance data in real time using the stWear™ app.



### Patient Recommendations

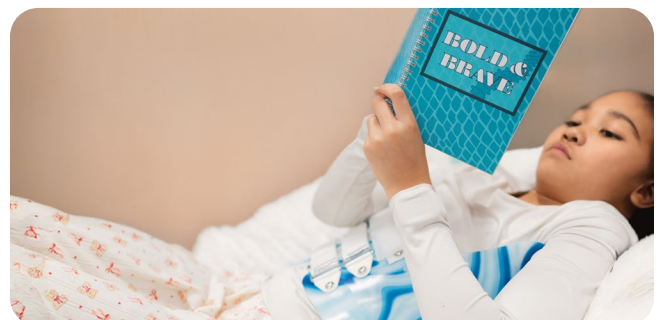
As the Providence® brace is a nocturnal orthosis, we recommend patients and parents take advantage of additional opportunities to extend wear time when possible.

Encouraging the child to lie down in a recumbent position for extended periods of time will aid in achieving more compliance.

Suggested ways to accomplish this include the use of a bean bag chair while lying supine and watching TV, reading a book, or hanging out with friends.

- **Conveniently aids in compliance!**
- **A comfortable and fun way to achieve more positive outcomes!**

Using a body pillow while sleeping also helps support the child while wearing the brace.





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