Spinal Technology®

S.T.O.P. Orthosis
Wear & Care Information

Your S.T.O.P. (Spinal Trauma Orthotic Positioning) Orthosis is a prefabricated bivalve brace designed to provide you with secure and comfortable spinal support. The information below – together with the specific guidance from your physician and orthotist – will tell you what to expect when using your spinal orthosis.

Before donning the orthosis, patient should 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.

S.T.O.P. Orthosis Donning Instructions

Step 1

Patient should be on back with hips flexed slightly. Palpate waist (area above hips and below ribs) to demonstrate proper position of orthosis location.



Step 2

Raise patient's arm above their head. Log roll patient toward raised arm onto their side. Be sure hips and upper body move together without twisting.



Step 3

Identify top and bottom of orthosis. Place back section of orthosis behind patient. Waist rolls in orthosis should align with patient's waist.



Step 4

Roll patient onto back with orthosis under them. Re-check alignment of waist rolls with patient in this position. Move orthosis accordingly.



Step 5

Place front section of orthosis on patient noting top and bottom. Straps and loops should be across from each other.



Step 6

Fasten middle straps first pulling both sides evenly. Tighten top or bottom straps next in same manner. Tighten all straps as needed.



For S.T.O.P. III & IV braces, lace the axilla or shoulder straps through the loops and fasten so that the thoracic extension and/or sternal shield are flush against patient's chest.

(More On Reverse Side)

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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. Look for pre-marked lines your orthotist may have made on the straps for quick reference.

Cleaning

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

Comfort Tips

Always wear your spinal brace over a cotton t-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 t-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.

Break-in Procedure

Some patients may find it beneficial to follow a "break-in" procedure to adjust to wearing a brace. Begin 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, ½ 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.

Follow physician and orthotist instructions for acceptable activities while wearing orthosis.

Physician's orders should supersede all protocol.

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