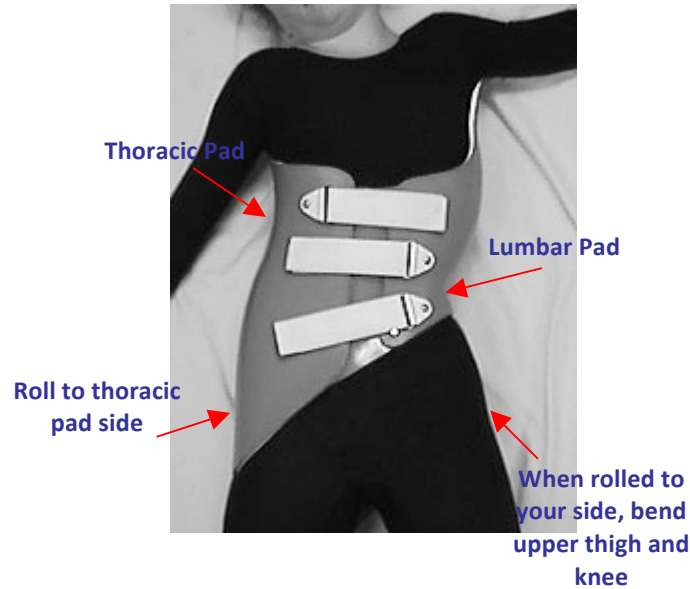


Wear and Care: Providence Scoliosis Orthosis

Donning:

1. While standing and with brace behind your back, grasp hands along the front opening.
2. Pull the brace open and secure the lumbar/waist pad in the “soft spot” between the top of your pelvis and lower ribs. Then pull the opposite side around the other half of your body.
3. With brace in place, lie down in bed and determine if lumbar pad is in the correct location. If it is rotated, too high or too low, reposition brace as instructed by your orthotist.
4. Pull straps, starting with lower strap, then top and middle. You must reach lines drawn by your orthotist, but remember you do not have to meet it on the first try.
5. Once completely on, you may situate yourself in the most comfortable position. Typically, this position is on the side with the thoracic pad, with your top hip and knee bent over a pillow.
6. In the morning, undo straps and use your hands to open the brace up and do a sit up to get out of the brace.



Tips to make your orthotic treatment a success:

- Always wear a clean T-shirt under the brace. T-shirt should be snug fitting and long enough to extend below the bottom of the brace. Thin shorts/PJ bottoms may be worn under the brace.
- Keep brace tightened to the lines drawn on the straps.
- You may sleep in any position you feel is comfortable. We recommend lying on your side with a large pillow to lean into. An alternate suggestion is lying on your back with a small pillow under your knees.

Typical Break-in schedule:

-Break in period is about 1 week.

Night 1: Wear brace to bed and try to fall asleep. If you can't fall asleep within 1 hour, take the brace off and sleep the rest of the night without it.

Nights 2-4: Wear the brace and try to fall asleep (this should be a bit easier these nights). If you wake up in the middle of the night and can't get back to sleep, remove brace and sleep the rest of the night without it.

After the 4th night, you should be able to sleep with it the whole night. If you find it is taking longer, contact our office.

Caring for your Orthosis (“brace”):

-Keep the brace clean by wiping the inside with a cloth dabbed in rubbing alcohol. Rubbing alcohol will not hurt the padding and will help prevent bacterial growth and odor.

Caring for your skin:

-Keep a watch on your skin. You will see broad pink areas where the lumbar/thoracic pads are pushing on your spine. These should disappear in 20 minutes. If these areas appear to be an angry red or do not disappear, contact your orthotist. Contact our office if there are any areas of soreness or irritation (rashes, etc.)