

## SUCCESSFUL WEARING

ف Once you are able to sleep in your orthosis, you have achieved your goal of orthosis wearing!

ف Strictly follow the hours called for in your treatment plan.

ف Make time daily for bathing, skin care, under shirt changes, and exercise.

### SUCCESSFUL WEARING REQUIRES YOU TO:

- Wear your orthosis 18-23 hours per day within 2-3 weeks (unless otherwise specified by your doctor).
- Take care of your skin daily.
- Wear a snug fitting t-shirt at all times under your orthosis.
- Properly apply the orthosis to your body.
- Exercise daily, if prescribed.
- Gradually increase your wearing time.

As you grow and your body changes, further adjustments will need to be made. Contact your orthotist if your orthosis becomes less comfortable, no longer fits, or the straps wear out.

### CLEANING YOUR ORTHOSIS

It is important to clean the foam liner of your orthosis daily. The foam will not absorb moisture, however, perspiration will collect on it. Clean the foam with soap and water, followed by rubbing alcohol. The alcohol will remove the soap residue, disinfect the liner, and quickly evaporate.

## SKIN CARE

It is very important to PREVENT SKIN BREAK-DOWN (that is sore, red, raw skin). The skin under the orthosis needs to be toughened up, especially where the orthosis applies the most pressure.

### TO PROTECT THE SKIN:

- Bathe daily.
- Apply rubbing alcohol with your hands to all parts of the skin your orthosis covers. Alcohol plus the friction of your hand on your body will toughen the skin.
- Pay special attention to pink areas of the skin where orthosis pressure is highest.
- Always wear a snug fitting t-shirt (without seams) under your orthosis (available from your orthotist).
- Always wear underpants over the orthosis (to prevent skin breakdown around elastic band).
- Wear orthosis as tightly as possible. A loose orthosis may rub and cause skin breakdown.
- The use of cornstarch is often helpful in the hot weather, or on skin sensitive to alcohol. **Initially do not use creams, lotions or powders under the orthosis. They can soften the skin.** If there is skin breakdown (sore, red, raw skin) the orthosis must not be reapplied until the skin heals (one day or more). If this happens, call your orthotist.

Sometimes the skin over the waist and hips becomes darker. This is common and is not a problem. When the orthosis treatment is complete, the discoloration will fade.

ORTHOTIC SPECIALISTS, INC

## SCOLIOSIS TLSO

## WEAR AND CARE GUIDE

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## APPLYING YOUR ORTHOSIS WITH HELP

There are several methods of application. At first you may need help but eventually you will learn to do it yourself. The easiest method is described below:

ف Make sure all straps are outside the orthosis.

ف Place orthosis around your body by holding each side and spreading the orthosis so you can twist into it. The orthosis is stiff when new, you may need help.

ف The opening of the orthosis should be centered on your back so that the bumps on the spine and the crease between the buttocks are in the middle of the opening.

ف Push the orthosis down by placing hands on your hips—the waist pads on the inside of the orthosis should rest just above your hips and below your ribs.

ف Lean forward on to your forearms on a table, dresser, counter etc.—your helper will thread the straps through the buckles.

ف Secure the middle strap first, then bottom and top straps, then straighten up. Make sure the straps are tightened to the marks your orthotist has put on them AND that the opening is parallel.

## HOW TO APPLY AND TIGHTEN THE ORTHOSIS YOURSELF

ف Place orthosis on your body as described.

ف Thread the straps through the buckles.

ف Lean forward from your hips and pull straps out, down and away from the buckle side. Remember to be patient, this takes practice.

### HELPFUL HINTS

ف Make sure your spine and the crease between the buttocks are centered in the orthosis opening.

ف The waist pads must be above your hips and below your lowest rib.

### EXERCISES

If your orthopedic surgeon prescribed physical therapy, your physical therapist will design a customized exercise program based on your needs.

### BREAKING IN TO YOUR ORTHOSIS

Remember, any special Doctor's orders should always supercede the information provided in this guide. **Over a period of two weeks**, gradually increase the time per day in your new orthosis. The following program is designed to help your skin and muscles adjust to the orthosis:

ف For the first 4–5 days wear your orthosis 6 hours daily. This is best accomplished after school up to bedtime.

- Apply orthosis for 2 hours.
- Remove orthosis, check skin and rub with alcohol. If your skin is just pink, reapply orthosis for 2 more hours and repeat up to 6 hours total.
- If skin is sore and red, wait 30 minutes then rub with alcohol and wear for 2 more hours up to 6 hours total.

ف For the next 4–5 days wear your orthosis 10 hours daily.

- Apply orthosis for 4 hours.
- Remove orthosis, check skin, and if necessary, rub with alcohol.
- Reapply orthosis for 3 hours, remove orthosis, check skin, and if necessary rub with alcohol.
- Reapply orthosis up to 10 hours total, you may try sleeping in your new orthosis.

ف After approximately 1 1/2 weeks, increase wearing time to 18–23 hours.

- Apply orthosis for 4 hours at a time. Rubbing alcohol over waist if necessary.
- At this point you should start sleeping in your orthosis.
- Your out of brace time can be at any time through the day, remembering the number of hours in the orthosis **MUST** be the number prescribed.