

# Review Procedure



Please follow the review advice given to you by the orthotist.

If you require an appointment before this time, please contact the orthotic department.

**Orthotic Department Tel:** \_\_\_\_\_



## Information for Paediatric Patients

# A Guide to Your Child's Spinal Brace



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# A Guide to Your Child's Spinal Brace

### What is a spinal brace?

A spinal brace is made from thermoplastic material and can be lined with a soft material suitable for your child. It fastens with Hook and Loop straps.

### What is it for?

A spinal brace is provided to control and support the spine and pelvis

### How are they made?

A plaster cast will be taken of your child's body, this will then be used to mould the thermoplastic material to make the brace.

### What should be worn under the brace?

Your child should wear a long cotton vest or t-shirt under the brace which are:

- Well fitting to eliminate creases.
- Un-patterned.
- Made from cotton rich material.
- Long enough to cover all the areas of the skin, which come into contact with the brace.
- Excess material should be gathered at the opening of the brace to avoid creases or folds inside the brace.

### How should the skin be cared for?

The skin should be regularly inspected, particularly in the first few days. The skin will gradually build up a resistance to the brace.

Do not apply ointment or tape to the skin under the brace.

Any break, blistering or severe redness of the skin surface must be reported to your orthotist or physiotherapist for advice.

### How do I put on my child's spinal brace?

The orthotist will show you how to put the brace on. It is important to make sure that the waist of the brace fits exactly to the waist of the child.

The straps on the brace must be fastened firmly to ensure that the brace does not slip down.

### How long should they be worn?

- It is important that the wearing regime is adhered to.
- Continuity of wear is vital.

Your orthotist, physiotherapist or consultant will tell you how long you should wear the brace for. Some children wear them all day and night and others may have individual wearing regime.

Day 1: \_\_\_\_\_

Day 3: \_\_\_\_\_

Day 2: \_\_\_\_\_

Day 4: \_\_\_\_\_

### Care of your spinal brace:

You can clean your brace by wiping it with a damp cloth. Dry it with a towel or leave it to dry naturally. The straps may discolour with use but this does not affect its function

If you have any problems with your brace contact your physiotherapist or the orthotist.

### **DO NOT TRY TO ADJUST THE BRACE YOURSELF.**

If you think your child is outgrowing the brace please contact the Orthotic department or your physiotherapist for a review appointment.

The spinal brace supplied is considered the most appropriate for your child's condition. You may discuss alternative orthoses with the orthotist.