

# 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 Patients

## SOMI Brace

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### What is a SOMI Brace?

- It consists of a metal chest section, shoulder bands and upright bars that connect to the pads at the back of the head and under the chin. It is held in place by the shoulder straps that cross at the back and fasten to the chest section.
- It comes in two sizes but is totally adjustable to allow for a comfortable and accurate fit to keep the head in the prescribed position.
- **You should not alter the brace after it has been adjusted to fit.**

### When should a SOMI Brace be worn?

- The person prescribing the brace will tell you when to wear it and for how long.
- Make sure all the straps are always snugly fastened.
- If the brace has been prescribed because of a fracture you will probably be instructed to wear it all the time until your neck has healed.
- The brace can be fitted while you are lying in bed before you get up. To remove the brace the shoulder straps should be unclipped from the bottom of the chest section. Press-studs on the chin section undo the straps at either side of the head.

**Do not wear your brace when driving as the limitation to your neck movements may rule your car insurance invalid.**

### Reasons why a SOMI Brace may be provided:

- To reduce movement to allow your neck to heal after a fracture or surgery.
- The brace is designed to prevent bending and twisting movements at your neck.

### Washing instructions:

- The brace can be wiped with a damp cloth.
- You should wash the skin under the brace at least once a day. Areas in direct contact with the brace, such as the chin and lower jaw may need more frequent cleansing. You should lie down before the brace is removed.
- It is advisable to wear the brace over a vest or T-shirt to prevent rubbing and provide some cushioning. You will need the help of another person to help change your clothes.
- If the brace causes any pressure sores or increasing discomfort you should contact the Orthotic department, as it may need minor alterations.

The orthosis supplied is considered the most appropriate for you and your condition. You may discuss alternative orthoses with the orthotist.