

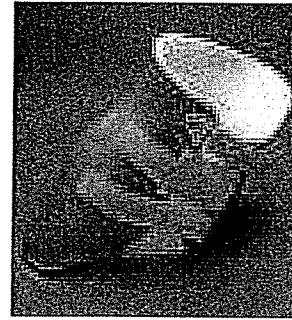
AlliedOP, Inc.

New Jersey-Randolph ♦ Bloomfield ♦ Wyckoff ♦ Shrewsbury ♦ Mt. Laurel ♦
North Brunswick ♦ Northfield ♦ Flemington ♦ Sewell ♦
Pennsylvania—Elkins Park ♦ East Stroudsburg ♦ Bethlehem
(800) 848-8866

Guidelines For Wearing Your Scoliosis Brace

Purpose

This brace is designed to maintain alignment, control the movement and rotation of your spine and back. Your Jacket will be custom designed to fit your body as snugly as possible. Your AlliedOP practitioner, along with your doctor specifically chose this brace for your individual condition.



Putting On Your Brace

Proper brace application initially takes two people. This keeps the brace from twisting when it is being put on. The brace is worn over an undershirt or bra. Have the helper stand behind the wearer.

1. Place the brace in front of the patient with the opening in the back.
2. Separate the brace halves and make sure the straps are outside the plastic girdle. The opening of the brace should be in the middle of the back.
3. BEND YOUR HIPS AND KNEES about 45 degrees. With your hands on the "hips" of the brace, push the brace towards your feet.
4. Pull any extra cloth from the tee shirt out from under the brace. Make sure there are no wrinkles. The helper threads the straps through the buckles and fastens them loosely.
5. Tighten the straps by applying pressure to the side opposite the opening.

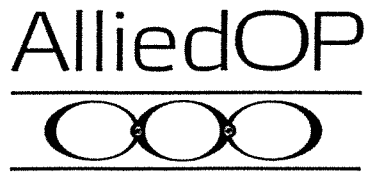
Skin Care Information

Preventing Skin Problems

Check your skin thoroughly under the jacket especially over bony areas, for any red or irritated spots every day. Skin irritations may occur from moisture and bacteria on the skin or if the jacket is not positioned properly. Always wear a clean, dry, well-fitting 100% cotton T-shirt. Avoid having wrinkles in the fabric by folding the excess over the stomach area.

Skin Products

Wiping the skin with alcohol wipes will help reduce moisture and bacteria on the skin under the jacket. Powder and cornstarch may also be beneficial, but too much can cake up and cause problems.



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Bathing

Ask your doctor for bathing instructions and precautions. Remember, if you get the jacket wet, it must be completely dry before you put it back on or skin irritation may result.

Caring for Your Orthosis

Cleaning Your Orthosis

Use an antibacterial soap and water to clean your body jacket. Make sure the jacket is thoroughly dry before you put it back on. Rubbing alcohol may be used to wipe the jacket to help destroy bacteria that may be present and to remove soap residue.

Remember...

Never attempt to repair or adjust your brace yourself. If you are experiencing any problems or have questions regarding your brace, please contact your AlliedOP practitioner.