



I need a
**spinal
brace!**



Some questions
and answers
which might help...



Contacts

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Why do I need a brace?

Your consultant will have prescribed a brace for you with the aim of slowing down progression of your spinal curve. There is evidence that wearing a brace can avoid surgery for some people. It is also very good for your posture as it trains your body to grow in the correct way.

How long do I need to wear the brace for?

It is recommended that you wear your brace for at least 16-18 hours a day including night time. This allows time without the brace for exercise, bathing and socialising. Don't wear the brace for school sport. You will be asked to wear the brace until you have reached skeletal maturity, or until you have surgery if the curve still progresses.

Will it work?

Brace treatment can work if you stick to the recommended time you have to wear your brace. It will not work for everybody but even if you need surgery later, wearing the brace will make the final outcome better as your body will be used to being in the correct position.

What happens if I don't wear it?

Your curve will most likely progress, sometimes very quickly, and you may need surgery. Your posture may also get worse.

Do I need to do physiotherapy as well as wearing the brace?

Exercise is good for the body generally, but we do not refer for specific physiotherapy. Swimming is excellent, doing front crawl or back stroke. Yoga and Pilates type exercise is good. It is best to avoid high impact activities such as trampolining.

What happens at my first bracing appointment?

You will be cast from your hips to your shoulders using plaster of paris bandages to get a mould of your upper body which we will use to make your brace. You have to get undressed to your underwear but can wear leggings if you wish to do so. If you have long hair, bring something to tie it up so it won't be in the way. You will be given an elastic stockinet to put on and we can then start casting you. The casting itself will not take longer than 20 minutes.



What happens after that?

You will get another appointment to get your brace fitted. Adjustments will then be made as needed and you will get a message when the finished brace is ready to be fitted and supplied by the Orthotist. He will give you a review appointment to check the fit of your brace.

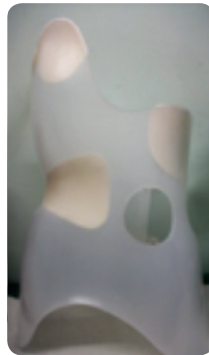
After you have got your brace you will gradually get used to it. Wear it for 3-5 hours for the first day, increase the time each day and try to wear it at night after 3-4 days. There is no set time of how long it should take to get used to the brace as some people take just a week, others 5 to 6 weeks. You should however get used to wearing your brace for the recommended time within approximately 4 weeks.

What does the brace look like?

Each brace is made to suit your individual curves but examples are shown below. There are many designs available or you may prefer a plain white brace.

What is the brace made of?

The brace is made out of a heat mouldable firm plastic to make the brace as light and small as possible. It will have two soft Velcro straps in the front to open and close your brace.



Will wearing the brace be uncomfortable?

You might feel some discomfort from the pressure of the pads. This means that the brace is doing its job. The feeling will get better as your body gets used to the new position.

What do I do if the brace doesn't seem to fit me anymore or gets damaged?

Contact us for a review appointment as soon as possible.

How do I stop the brace rubbing my skin?

Make sure you wear a close fitting top under your brace. Any thin cotton top, or a sports moisture-wicking top would be suitable.

If I do get some skin problems, what should I do?

If you develop red marks that last over 30 minutes once the brace is removed, or if the skin breaks down or blisters, take the brace off and contact us.

Do I have to wear the brace on holiday?

Yes you have to wear your brace also on holidays but you can make some exceptions when the weather is really hot, otherwise speak to your consultant as soon as possible to find out if not wearing the brace for a long time will affect your treatment.

How to take care of your brace?

You can clean your brace with a damp sponge using soap or any other skin friendly cleaning agent.

Who do I contact if I have any other questions?

Please contact the Orthotist using
the mobile number provided.

Klaus – Dieter Scholz, Orthotist

Mobile : 0753 0900 224



Comments, compliments, concerns or complaints

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Patient Advice and Liaison Service (PALS)

This service aims to advise and support patients, families and carers and help sort out problems quickly on your behalf. This service is available, and based, at The James Cook University Hospital but also covers the Friarage Hospital in Northallerton, our community hospitals and community health services. Please ask a member of staff for further information.

If you require this information in a different format please contact Freephone 0800 0282451

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