

Guidelines for your New Custom Night Spinal Orthosis

Your custom designed orthosis is constructed to realign your skeletal system to correct scoliosis. Because of this remodelling process, wearing your orthosis may be uncomfortable at first.

Rather than just fit you with an orthosis, your Certified Orthotist works to establish an ongoing relationship with you so that your overall function can be gradually and permanently improved. We do this by scheduling a follow-up appointment after your fitting and **encouraging you to call us whenever you feel that an adjustment is necessary**. There is no charge for this service during the six-month warranty period. We book a six-month appointment for you after your last check-up so that we can monitor your progress and make any final adjustments. There is no extra charge for this appointment.

Wearing In Schedule

It is important that you follow this wearing in schedule to obtain the maximum benefit from your custom fitted orthosis. This brace was designed to apply 3-point corrective forces to the spine and must be worn while lying down and overnight.

1. For the first few nights the brace should be worn for one hour prior to sleep; straps should be adjusted loosely to hold the brace in place – not tight.
2. Usually by the third night the brace is worn through the night with the straps still loose. If it needs to come off to facilitate sleep that is allowed; it is okay if it takes a extra night or 2 to achieve overnight wear.
3. Once the patient is wearing the brace through the night it is time to gradually increase the pressure by tightening the straps. Eventually the brace will be worn overnight with the straps tightened to the final position as marked by the Certified Orthotist during the fitting.
4. Reddened areas on the skin where the corrective pads make contact should return to normal within 1 hour of removing the brace. Rubbing the skin with rubbing alcohol is recommended to help keep skin clean and toughen the skin to the pressures of brace wearing.
5. A follow-up appointment is booked at about 2 weeks and with the doctor at 3 weeks – an Xray should be taken at the doctor's appointment and if possible a printed copy should be obtained to provide to the Certified Orthotist.

***** It is essential that the X-ray be taken with the patient wearing the brace and laying down. *****

*Your satisfaction is our primary objective. If you have any questions with regards to your orthotic management please feel free to contact us at the numbers above.
Our web site also provides information on our services and products.*