

Straight spine: A strong spine for bub

Spinal brace

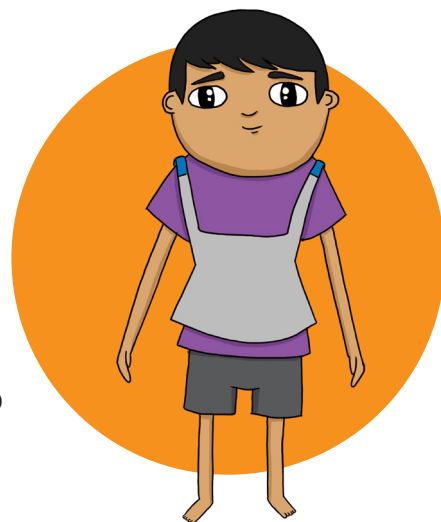
A spinal brace supports or straightens the spine.

The more bub wears the brace, the faster it feels OK.

Bub must wear the spinal brace for 22 - 23 hours every day unless doctor says differently.

In the first week, wear the brace a bit longer each day until they get to 22 hours.

Wearing the brace every day for 22 – 23 hours is solid for bub's spine.

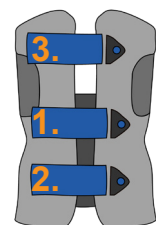
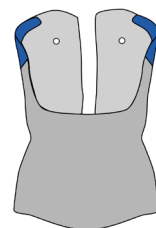


Putting on the spinal brace

Most people need some help putting their spinal brace on at first, but with practice bub can put it on themselves.

To put the brace on:

1. Open the brace in front of bub's body stretch and hook one side around the right hip.
2. Now open the other side and stretch it around the left hip.
3. Move the brace up and down until it is comfortable.
4. Fasten the middle strap first, then the bottom strap and finally the top strap.
5. Tighten all the straps firmly to reduce the brace moving.



Good to know

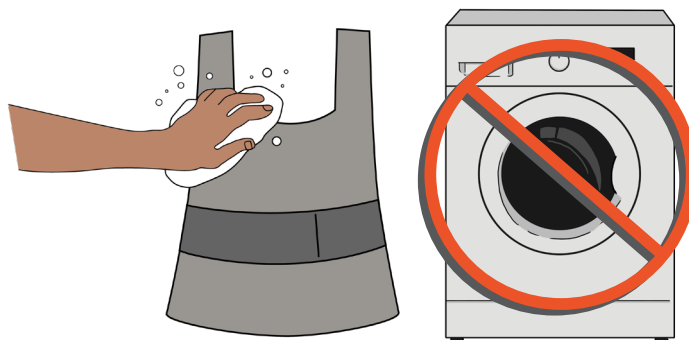
It takes time getting use to wearing the brace every day.

People may ask questions about it. The best thing to do is tell them about the brace and answer their questions.

Family and friends may be able to help take the brace on and off at school and home.

Cleaning

- The brace needs to be cleaned.
- To wash the brace, wipe it with cold soapy water and a cloth. Dry the brace well before you put it back on.
- **Never** put the brace in the washing machine.
- **Do not** leave the brace where it's hot.
- If your straps break, call the Orthotics Service at PCH to be fixed.



Clothing

Bub may feel more comfortable wearing a singlet or t-shirt underneath the brace, It also helps absorb any sweat.

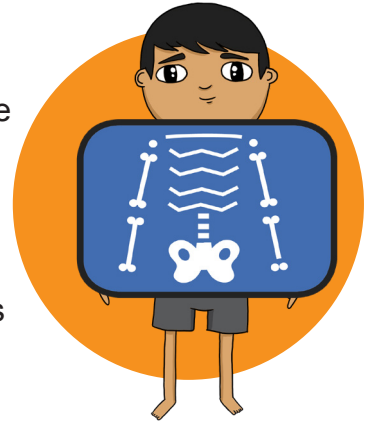
Follow-up

You will get an outpatient appointment for bub sent out in the post. Please come back so we can check bub's spine and brace.

This is important.

Bub will need an x-ray taken before the appointment.

Bub will have appointments with the **orthopaedic doctor** to check their spine and the **orthotist** who checks the spinal brace and makes changes if needed.



Important things

It is important to remember it will take bub some time to get used to wearing your brace. Please phone the PCH Orthotics Service on (08) 6456 0411 if you are worried about the brace.

Your orthotist is _____

Your next appointment is _____



Government of **Western Australia**
Child and Adolescent Health Service

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Disclaimer: This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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