Perth Children's Hospital

Health Facts

Straight spine:
A strong spine for your child

Keeping our mob healthy

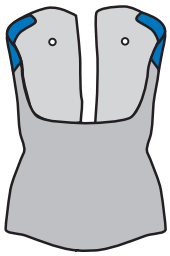
Spinal brace

A spinal brace supports or straightens the spine.
The more you wear your brace, the faster it feels OK.
You must wear your 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 you get to 22 hours.
Wearing your brace every day for 22 – 23 hours is solid for your spine.

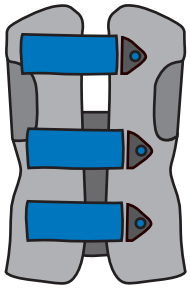
Putting on your spinal brace

Most people need some help putting their spinal brace on at first, but with practice you might put it on by yourself.



To put your brace on:

1. Open the brace in front of your body stretch and hook one side around the right hip.
2. Now open the other side and stretch it around your 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.



What you look like

It takes time to get 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 your 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

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

Follow-up care

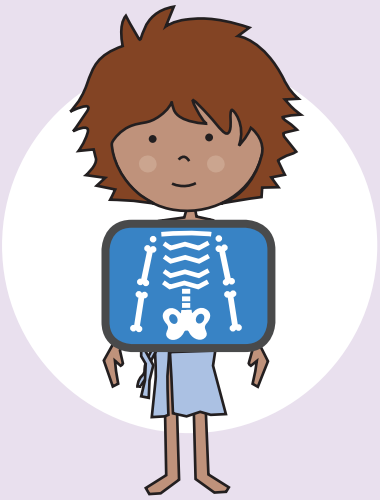
You will get an outpatient appointment sent out in the post.

Please come back so we can check your spine and brace.

This is important.

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

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



Important things

It is important to remember it will take you 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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