



## SCOLIOSIS TLSO

### ABOUT YOUR ORTHOSIS

1. The purpose of a scoliosis spinal orthosis is to prevent curve progression.
2. To achieve stabilization of the curvature, the orthosis serves to hold the spine in a position of reduced curve magnitude.
3. Holding the curvature in an improved position requires force application at specific locations. The forces will cause red areas, but should not cause skin breakdown, or pain. Redness should subside within one hour of brace removal.
4. The orthosis straps must be tight. Strap tension holds the brace in place, which then applies maximum corrective force to the curves. Reducing strap tension allows the curve position to worsen inside the orthosis, therefore, full strap tension must be maintained to maximize the beneficial effect of the orthosis.
5. Always wear a wrinkle free body sock or t-shirt under the orthosis. Shirts made from a wicking fabric such as CoolMax or polypropylene work best. This will help wick moisture away from the skin, and provide a barrier between you and the brace, preventing some skin irritation and pinching.
6. To minimize the appearance of the orthosis under clothing, wear loose fitting shirts or sweaters over the device. Layering clothing, such as wearing a t-shirt or cami, with a sweater or hoodie over the top, can be helpful. Ensuring you sit and stand with shoulders retracted (maintaining good posture) will also help to camouflage the brace.
7. The orthosis may be off for hygiene (showers and orthosis cleaning), and exercise (gym class, sports, etc.). The hours off **MUST NOT** exceed guidelines provided.
8. When lotion is used on the skin, allow ample time for it to soak in and dry before applying your scoliosis orthosis. Lotion makes the skin soft, leaving it more susceptible to irritation if the brace is put on while your skin is damp. Baby powder may be used inside the orthosis. Hand rub it into the brace pads.
9. Clean your brace daily, or at least once per week. Use a washcloth with a small amount of dish soap to wipe all surfaces. Rinse the washcloth, then remove the soap from the orthosis. Dry the brace with a towel, then air dry. Rubbing alcohol may also be used as a cleaner- especially around the under-arm area. Clean the brace before showering or bathing to allow the brace plenty of time to dry before reapplication. Never use heat to dry the orthosis.

## WEARING AND USE

1. ALWAYS wear the orthosis for the prescribed number of hours per day. Time in the brace is a critical component of the treatment process. Any time spent out of the brace is time that your curve is unsupported.
2. The orthosis can be applied standing up or laying down. Ensure the waist grooves are positioned in the waist. Pull the straps tight.
3. Examine your skin after removing the brace to check for red or irritated areas. Redness that remains after one hour, or blistering or bruising indicates excessive force or rubbing. If this occurs, call our office to schedule an appointment for an adjustment.
4. Regular follow ups with your Clinician can coordinate physician appointments. If you know you will be seeing the referring physician, please contact our office to schedule an appointment to coincide. Please bring new X-rays to these appointments. Your doctor's office typically gives these to you on a disc. If possible, dop them off prior to the scheduled follow up appointment or arrive about 15 minutes early so your Clinician can review the images prior to the appointment. The purpose of these appointments is to adjust, make repairs and enhancements to the fit of the orthosis. Your body is growing, and we must adapt to these changes in shape.
5. The orthosis will require replacement every one to two years (usually about 18 months) due to growth. Continued need will be based on skeletal maturity, which will be monitored by your physician. Scoliosis orthotic treatment is only done during the growing years.

**Please call if you have any health problems with or questions about your device. Report any changes in your health or physical condition that may affect the fit or function of your device, such as changes in weight or volume, muscle strength, or recent surgeries.**

**(608) 257-4256**