

YOUR WEARING SCHEDULE

- _____ hours per day
- At night when sleeping
- 24 hours with exception of bathing
- _____

Special Instructions:

OUR CONTACT INFORMATION

Clinician Name: _____

Contact Number: _____

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Hanger Clinic® is committed to helping you reach your full potential by providing the latest orthotic and prosthetic technologies to restore your mobility and independence.





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Spinal Brace WEAR & CARE GUIDE



1-877-4HANGER HangerClinic.com

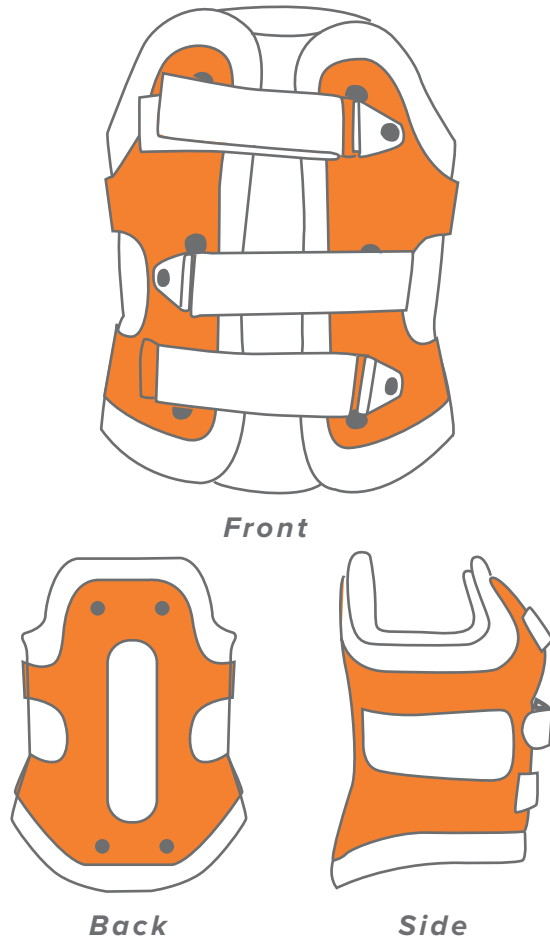
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WHAT TO EXPECT

Your **spine brace** was designed to help you achieve your personal treatment goals. These instructions will help you correctly use and care of for your brace.

If you have any specific questions about your brace, please contact us. Regular follow-up appointments with your orthotist are important to assess your ongoing care.

Spinal brace designs may look different depending on clinical need.



PUTTING ON THE SPINE BRACE

Spine braces are most effective when applied in a lying down position, on a firm surface.

- 1 Always wear a clean undershirt that reaches the full length of the brace, and smooth out any wrinkles.
- 2 Roll onto your side with your knees slightly flexed.
- 3 Tuck the back of the brace behind you and roll onto the brace.
- 4 Make sure the brace is even on both sides and the narrowest part lies between your lower rib cage and hips.
- 5 Fasten the middle straps first, then top and bottom straps.
- 6 Roll back onto your side with your knees still flexed.
- 7 Use your bottom hand to lift your body to a sitting position.

NOTE

The brace straps need to be tightened for the brace to work effectively and to ensure a comfortable fit.

WEARING SCHEDULE

Your healthcare team will provide you with personalized wear guidelines to support your treatment goals. Call your orthotist if you notice redness that doesn't go away 30-40 minutes after you take the brace off, as an adjustment may be indicated to avoid skin irritation.

SPINE BRACE CARE

Please discuss the care of your brace with your orthotist.



Clean with warm water and mild soap, rinse and dry.



The brace will not absorb water but the straps and strap pads will need time to dry.



Inspect regularly. If there are any noticeable signs of wear, such as cracks, stress marks, sharp edges, loose attachment screws or strap fraying, contact your orthotist.



Spine braces **DO NOT** like extreme temperatures. They can become brittle in extreme cold and can warp in extreme heat.