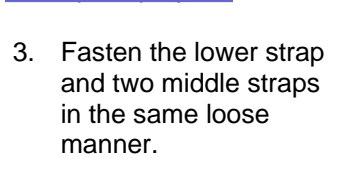


**Putting On (Donning) Your
Chairback Brace**

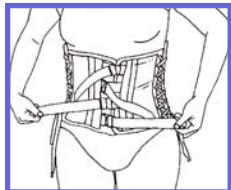
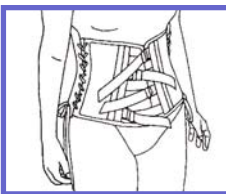
1. Position the brace on your body so that it is supported by your pelvis.



2. Fasten the buckle on the top strap to the hook on the opposite side so that the brace hangs **loosely** in place on your body.

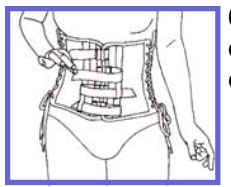
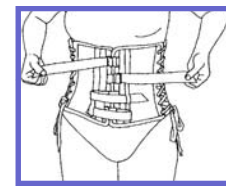


3. Fasten the lower strap and two middle straps in the same loose manner.



4. Tighten the bottom two straps by pulling them in opposite directions. The straps should be as snug as you can get them while still being comfortable.

5. Repeat step 3 with the two top straps. The top strap should be slightly looser than the other straps so that you can breathe easily.



6. If too much strap is left over, tuck it into the loops on either side of the brace.

The laces on each side are adjusted by your orthotist to ensure the best fit and also the best medical results.

Removing (Doffing) Your Chairback Brace

1. Loosen all four straps so that the brace hangs loosely on your body.
2. “Twist each buckle gently out of the hook.

**Cleaning Your Chairback Brace
Corset**

Wash by hand in warm soapy water. Some people prefer to remove the corset from the brace when cleaning it while others find it easier to keep it attached to the brace, which is waterproof. Either way is permitted. Rinse thoroughly (soap residue can irritate skin).

Let the corset dry naturally or dry it with a hair dryer. Do not put it in a clothes dryer. The corset should be cleaned every few weeks or as often as you think necessary.

Brace

Wipe with warm soapy water and a cloth. Do not use bleach or harsh detergents. Dry with a towel. Clean the brace once a week or as often as you think necessary.

Storage

Whether your brace is made of plastic or metal, it is sensitive to high temperatures. When you are not wearing it, store it away from fireplaces, radiators, stoves, automobiles on very warm days and any other areas of intense heat.

Personal Hygiene / Skin Care

Always keep your skin as clean and dry as possible. Avoid using creams, lotions or oils on the skin near your brace. They can irritate the skin and also soil the brace.

Slightly reddened areas on the skin near or under the brace are normal for many people. But if they don't go away within 10 minutes of taking off your brace, tell your orthotist. Your brace may need to be adjusted.

Wearing an undershirt, T-shirt or camisole under the brace may make you more comfortable by helping absorb perspiration and preventing the brace from rubbing against your skin. Some women find that a long-line bra helps in the same way.

Bathing

Unless your doctor or orthotist instructs you otherwise, remove the brace when bathing.

Exercise

When prescribed by your doctor and supervised by a physical therapist, exercise can strengthen muscle around your spine. Stronger muscles hold up your spine better and, in time, may reduce your need for a brace. Be sure to check with your doctor before starting any exercise program.

Commonly Asked Questions

How long will I have to wear the brace?

This varies according to your own specific medical condition and needs. Only your doctor can determine how long you can wear your brace and for how many hours of the day.

My hands are very weak. What if I cannot fasten the strap buckles of my brace?

The chairback brace also comes with convenient velcro closures. Ask your orthotist if velcro would be an appropriate substitute for straps and buckles on your brace.

What if my brace is uncomfortable—or it just doesn't feel right?

Call your orthotist. He or she may be able to make some adjustments to your brace—or give you some tips to help make your brace more comfortable.

And Finally...

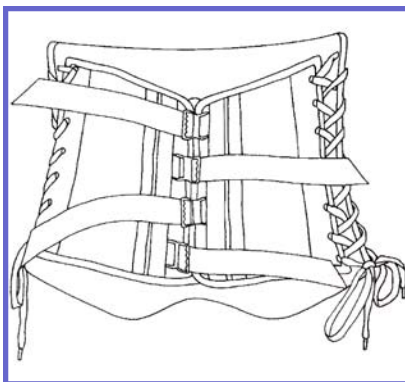
It is always a good idea to schedule a follow-up appointment with your orthotist two or three weeks after your initial fitting. At this meeting, he or she can check to make sure that your brace fits properly and help you with any problems you may be having with the brace.

Special Instructions from My Orthotist

Important Phone Numbers:

My Physician _____

My Orthotist Sean Stellar (626) 584-0805



The Chairback Brace works by increasing intra-abdominal pressure, supporting the lower back muscles with rigid supports and reducing pressure on the spine.

Wearing the Chairback Brace

Your brace may feel uncomfortable at first and you may need some time to get used to it— just as you may need to “break in” a new pair of shoes. But if any discomfort persists after wearing it for a few days, if you experience a sudden onset of new pain or if the brace seems to be causing any injury to the skin, be sure to call your orthotist. He or she is trained to make adjustments to the brace that may make you more comfortable.

Dear Patient,

Thank you for choosing Stellar Prosthetics and Orthotics to serve your orthotics needs. Your orthotist will work with your doctor to select the brace that provides the best medical results for you. Your orthotist will also fit and adjust your brace to make you comfortable and will help you find ways to remain active and independent as possible.

We have prepared this brochure to help you gain the greatest benefits from wearing your brace. It will give you important information about wearing your brace and show you ways to increase your comfort. This brochure is no substitute for the advice of your doctor or orthotist, who may modify or change instructions on it. If either professional tells you to do something different from what you read here, be sure to follow his or her instructions. If you do not understand something in this brochure or if you have a question or problem related to your brace, please get in touch with your orthotist.

SPO-F-058-05/02



Stellar
Prosthetics
Orthotics

Wearing Your Chairback Brace

200 E. Del Mar Blvd. Ste. 124
Pasadena, CA 91105
Phone: (626) 584-0805
Fax: (626) 584-0806

About the Chairback Brace

Your doctor has prescribed a *chairback brace* for you. This metal and vinyl* device, also known as a Knight Brace, is tailored to your measurements and designed to support your spine from the pelvis to the lower chest. The chairback brace is prescribed most often to relieve lower back pain. It does this by supporting the lower back muscles and by reducing pressure on the spine.

Some people wear the chairback brace to restrict body movements that could harm the spine. The brace is especially helpful to patients who have undergone some forms of spinal surgery. An added benefit is that it promotes good posture by reminding you to stand and sit up straight.

**Some chairback braces are made of plastic instead of metal and vinyl.*