

The Jewett brace works by keeping your spine upright and by preventing you from bending forward, a motion that could cause further damage to your spine.

Wearing the Jewett brace

Your Jewett 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, be sure to tell your orthotist. He or she is trained to make adjustments to the brace that can make you more comfortable.

Because your spine will heal faster if you do not bend forward, the higher the brace is positioned on your chest and the lower it is on your abdominal area, the better the results will be.

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 as 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.



Stellar
Prosthetics
Orthotics

Wearing Your Jewett Brace

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About the Body Jewett Brace

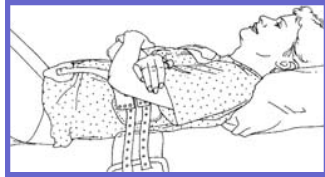
Your doctor has prescribed a *Jewett brace* for you. The Jewett brace is worn most frequently to help heal spinal compression fractures. Compression fractures are caused by a crushing of the front part of one or more of your vertebrae, which are the large bones that make up your spine.

The brace works by keeping your spine upright and by preventing you from bending forward, a motion that could cause further damage to your spine. It helps relieve pain by supporting your spinal muscles to sit up straight. It also helps you walk more easily and with less pain.

Your Jewett brace is a custom-fitted metal brace. For your comfort, pads are applied on the three areas of your body where the brace exerts pressure: the breast bone, the lower abdomen (near the pubic bone) and the lower back area. A strap is attached to the back pad. The brace also has pads on each side to help prevent excessive movement from side to side. Because it is lightweight and durable, your brace is easy to wash and simple to put on and remove.

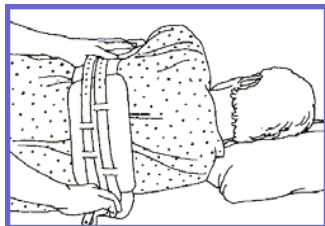
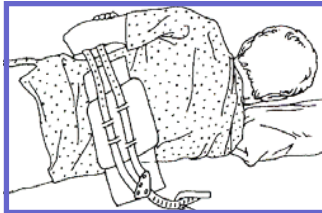
Putting On (Donning) Your Jewett Brace

We recommend that you have a helper to assist you in putting on the Jewett brace, at least the first few times you put it on.



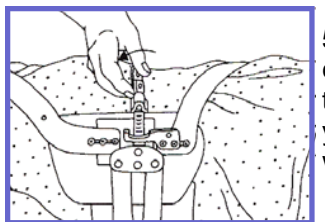
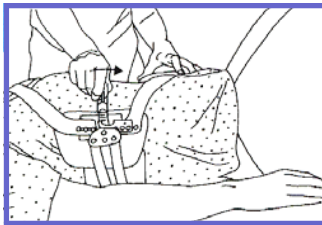
1. Lie down on your back on a bed, couch or other flat surface.

2. Roll your chest, pelvis and legs all at the same time, to one side. This is called **log rolling** and helps you avoid twisting your spine.



3. Gently slide the plastic back strap with buckle under your back.

4. Grasp the metal back-strap with the attached clamp. Hook this metal back-strap by sliding it onto the metal bar.



5. Fasten the clamp by turning it to the right as tight as you can comfortably wear it.

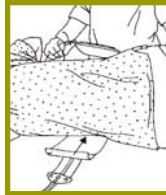
Removing (Doffing) Your Jewett Brace



1. Unfasten the metal clamp by turning it to the left.



2. Slide the metal back-strap out from the metal bar.



3. Log roll as you slide the brace away from your body.

Cleaning Your Body Jacket

Clean your brace when it becomes soiled or whenever you feel it is necessary.

- Wipe the brace with a cloth soaked in a mild detergent.
- Rinse it thoroughly. Soap residue can irritate the skin.
- Dry with a towel.

Personal Hygiene / Skin Care

It is a good idea to wear a cotton undershirt, a T-shirt or camisole under your brace. This can reduce skin irritation and help absorb perspiration.

Avoid using creams, lotions or oils on the skin near your brace. This can irritate the skin and also soil the brace.

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

Some people find that the color of the skin may change in the areas of normal brace pressure. There is no need to worry about this. The discoloration will go away when you stop wearing the brace.

Commonly Asked Questions

How long will I have to wear the Jewett brace and for how many hours of the day?

This depends on your individual needs, which only your doctor can safely determine. But most patients must wear the Jewett brace all of the time that they spent out of bed. Then a patient does not wear it, the pain can be severe enough to prevent them from walking. Also without the brace, compression fractures may not heal or take a longer time to heal. Be sure to discuss these matters with your doctor.

Why does the brace seem taller when I sit than when I am standing?

When we sit we often slouch. If your brace seems taller when you are seated, it is a reminder to sit up straight.

Why do I get sore muscles in my back since I started wearing the brace?

We don't always stand or sit in perfect posture. Your brace forces you to maintain good posture. This requires you to use different muscles from the ones you may normally use. If your back muscles become fatigued, lie down until they are rested. At any rate, keep in mind that your spinal muscles become stronger and healthier with good posture, and that your spine heals more quickly when you stand up straight.

Why must the brace be so tight?

A tight-fitting brace assures that there is no unwanted movement that will further damage the spine. A tight fit also keeps the brace positioned properly and prevents it from slipping down.

Can I shower while wearing the brace?

Your brace is made with water-resistant materials so that when the doctor permits it, you may shower while wearing it. But remember to dry your skin carefully after bathing.

Will my brace need adjustments?

At the time you are fitted for your brace, your orthotist uses certain tools to adjust it most comfortably to your body. The only adjustment you may have to make is to pull the strap tighter as the swelling in your back and stomach decreases.

But remember, if you have any problems with your brace, call your orthotist. He or she may be able to make you more comfortable.

How active can I be while wearing my brace? Can I exercise?

Your activities will necessarily be limited while you wear the brace. Only your doctor can tell you how active you can be during this time. Be sure to discuss this matter with him or her.

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