

## Types of Scoliosis Orthoses

The brace that your doctor prescribes for you may look different from the ones pictured. That may be because your doctor ordered some changes, such as pads or straps, that are designed to produce the best result for your individual condition.

### Care of the Orthosis

Use a damp washcloth with mild soap and water to clean the orthosis. Rinse well with a damp cloth, removing all soap residue. Allow the orthosis to air dry—this will take 20-30 minutes. You may also use rubbing alcohol to clean the orthosis.

### Follow-Up Program

The application of the scoliosis orthosis is part of an integrated rehabilitation process. Your physician will continue to monitor your progress and will work together with your orthotist to achieve the best possible results. The relationship with your orthotist is a life-long commitment to your health, independence and overall quality of life.



Name: \_\_\_\_\_

Hospital: \_\_\_\_\_

Date: \_\_\_\_\_

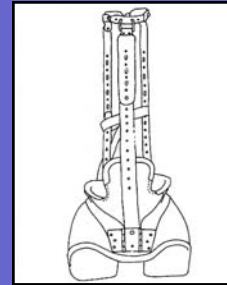
Type of Orthosis: \_\_\_\_\_

Orthotist: Sean Stellar

Telephone #: (626) 584-0805

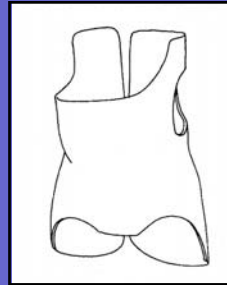
#### Milwaukee Brace

This brace has a molded plastic girdle-like structure with metal bars attached to the girdle below and a neck ring above.



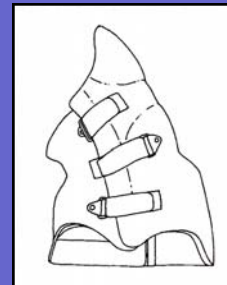
#### Boston Brace

This brace has a molded plastic girdle, like the one used on the Milwaukee brace but is used to treat curves that are lower.



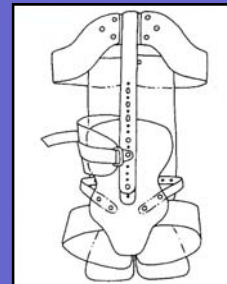
#### Charleston Bending Brace

This plastic jacket is molded to your body and is worn only while you are in bed.

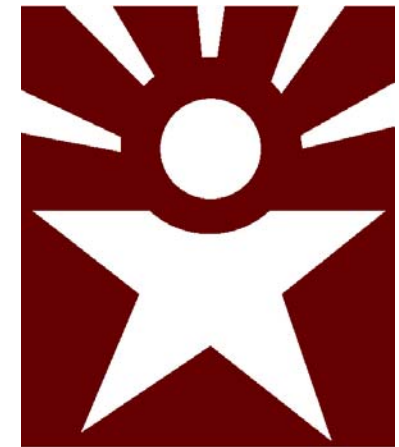


#### Scoliosis Orthotic System

This brace, a variation of both the Milwaukee brace and the Boston brace, uses interchangeable parts.



# Scoliosis Orthosis



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### What is it?

A scoliosis orthosis is designed to prevent progression of the curvature of your spine. When worn consistently, the orthosis can stop the curve from getting worse and provide you with a straighter back, improved posture, and better cosmesis. Without treatment, the curves do progress and surgery is often required.

### Why is it important?

Severe progression of scoliotic curves interfere with respiratory and cardiac functioning. Also, the curves create problems with cosmesis, self-esteem and body image for teenagers. There are many different types of bracing systems, and your orthotist will explain which option is best for you. Hang in there—just like braces on your teeth, it's only temporary.

### Personal Hygiene and Skin Care

It is very important to **prevent skin breakdown** (sore, red, or raw skin). Your skin needs to be “toughened up”, especially where the orthosis presses the hardest.

1. Bathe daily.
2. Apply rubbing alcohol to the skin, especially in the areas where the skin is pink.
3. Always wear a cotton t-shirt without side seams. Sleeveless tank-tops work well!
4. At first, **do not** use creams, lotions or powder under the orthosis.
5. **Wear your orthosis as tightly as possible.** When worn loosely, the orthosis moves around and causes skin problems due to rubbing.
6. If skin breakdown does occur, contact your orthotist immediately. Discontinue orthosis wear until the skin heals—this usually takes 1-2 days.
7. Sometimes the skin over the waist and hips darkens from pressure. This is not a problem and will go away once the orthotic treatment program is completed.
8. **Wash and clean your orthosis each day!**



### Wearing Schedule

Getting accustomed to your orthosis is like getting used to new, tight shoes. This program is designed to help your skin and muscles adjust to wearing the orthosis. It is a gradual schedule that takes two or three weeks. Your orthotist may adjust this program to your specific needs.

#### **Stage 1: Goal—to wear the orthosis for 6 hours.**

1. Apply the orthosis properly and wear it for 2 hours. Take the orthosis off to check your skin; proceed with skin care by putting rubbing alcohol onto your hands and rubbing it on your skin.
2. If the skin is **pink**, put the orthosis back on for two more hours, then check the skin again. Do this again for a third 2-hour period.
3. If the skin is **red** or sore, the orthosis **must** be left off for a half hour, then put on again. It is important to know the difference between **pink** and **red** skin. Your orthotist will discuss this with you.
4. During the school year, Stage 1 is usually performed after school.
5. This stage lasts from five to seven days.

#### **Stage 2: Goal—to wear the orthosis for 10 hours.**

1. After completing Stage 1, Stage 2 should be completed over the weekend.
2. Wear the orthosis for 4 hours and then inspect the skin. Apply alcohol and reapply the orthosis for another 2 hours. Repeat this process until 10 hours of wear have been achieved.
3. If the skin is red or sore, wait 30 minutes before reapplying the orthosis.

#### **Stage 3: Goal—to wear the orthosis for 18 hours.**

1. After completing Stage 2, you can proceed to wearing the orthosis for 18 hours per day. The orthosis should be applied before going to school and worn for the entire day.
2. During your lunch period, remove the orthosis to check the skin and apply alcohol. You will need the help of a friend or school nurse to reapply the orthosis.
3. Remove the orthosis again when you arrive home from school. Skin inspection and care are then performed.
4. **LEAVE THE ORTHOSIS OFF FOR 4-5 HOURS. YOU DESERVE IT!**
5. Reapply the orthosis and wear all night. It takes some getting used to!
6. This stage lasts for 2-3 days.

#### **Stage 4: Goal—to wear the orthosis for 23 hours.**

1. After completing Stage 3, wear the orthosis continuously except for 1 hour per day.
2. The hour out of the orthosis is used for bathing, skin care, washing the orthosis, and out-of-orthosis exercises.
3. It is suggested that the alcohol be applied to the skin twice daily, in addition to the bathing period.



### Applying your orthosis...

- Proper application takes two people—the wearer and the helper. This keeps the orthosis from twisting when it is put on.
- You are standing with a t-shirt on while your helper reaches from behind with the orthosis. The helper spreads the orthosis as you step forward into it, making sure the orthosis is placed correctly and without twisting.
- Place your hands on your hips and bend your knees approximately 45 degrees. This decreases the curvature of the lower back.
- Push the orthosis downward and pull out all wrinkles from the t-shirt. Hold the orthosis securely in place, making sure the indentations are right above the hip bones.
- Your helper will begin to thread the straps; first securing them all loosely.
- Tighten all straps, making sure the orthosis does not twist or drift up or down.
- If you are having difficulties tightening the orthosis, you may want to try lying on your stomach or side while your helper tightens the straps.

### What You Can Do in Your Orthosis

Run, jump, hop, skip, play baseball, basketball, tennis, soccer, football, volleyball, billiards, ping pong, badminton, frisbee, rugby, ride your bicycle, roller-blade, skateboard, run track and field, aerobics, dance, boating, golfing, fishing, fencing, hiking, skating, karate, jogging, skiing, snowmobiling, camping, bowling, and so much more...

### What You Can't Do in Your Orthosis

Forward rolls, backward rolls, flips, or other limitations determined by your physician.

### General Information

- Different scoliosis orthosis have different wearing schedules.
- The orthosis is worn over a t-shirt (and bra) and under the underpants.
- It takes two people to correctly apply the orthosis.
- Family support is very important.
- Feel free to ask questions!

