

Patient information

Hyperextension Brace Instructions for Use

Therapies Department

The Hyperextension brace is worn to offer relief from pain after spinal fractures that are reported as stable by your spinal Consultant or after a spinal surgical procedure.



**(1) Rectangular
swivel pad**

**(2) Lower sprung
section**

(3) Back piece

**(4) Strap of
back piece**



The brace is initially fitted on the ward by an occupational therapist, physiotherapist or specialist nurse. You or your carers will be shown how to take it on and off.

The brace does not need to be worn in bed, unless instructed otherwise by your Consultant. Most people find it useful to put the brace on as they get up in the morning and remove it when they go to bed at night.

The brace is best worn over a light cotton vest or t-shirt and can be fitted in sitting.

Brace fitting

Ensure the clasp is open on the left hand side (Figure 1).



Figure 1

Ensure your back is straight and place the brace as pictured below, supporting the front of the brace with your hands (Figure 2). The front, top, small rectangular swivel pad (1) should sit on the chest bone and the lower sprung section (2) sits on the pelvis.



Figure 2

The back piece (3) sits in the small of your back. Reach for the strap of the back piece (4) and pull forwards (Figure 3). Attach the 'key hole' onto the metal pin on the right hand side of the brace (Figure 4).



Figure 3



Figure 4

Fasten the clasp on the left hand side of the brace, to put the brace under the correct tension (Figures 5 and 6), you will hear a click.



Figure 5



Figure 6

To take the brace off, repeat the above in reverse.

Hyperextension spinal brace skin care

Wearing this device can cause skin damage for example pressure ulcers. Whilst in hospital, checks of your skin will be performed at each therapy session and nurse led hygiene session. In general skin checks beneath these devices should be at least daily and more frequent if high risk factors have been identified.

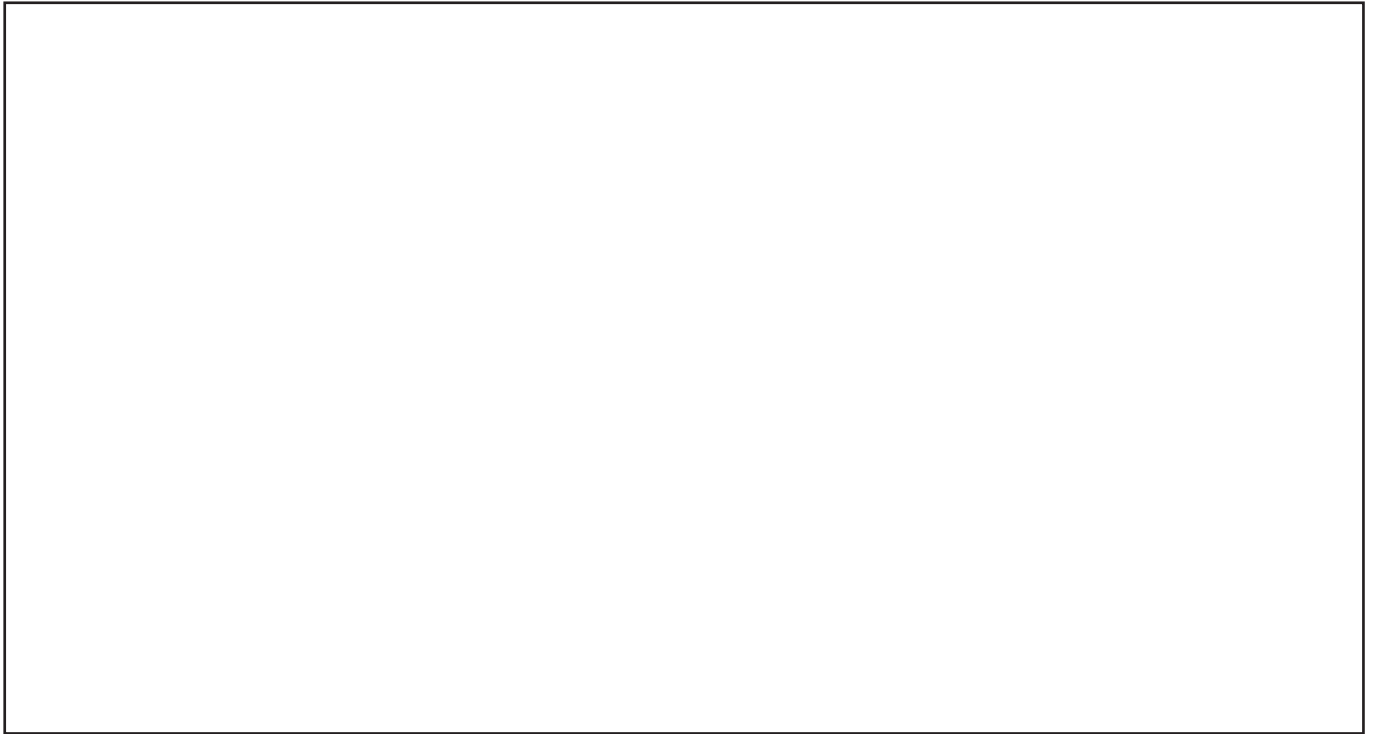
If you are to be discharged home with this device your risk will be explained to you or your carer and appropriate monitoring arranged or advised. The pads of the brace can be wiped clean, ensure the brace is dry before re-fitting.

Feedback

Your feedback is important to us and helps us influence care in the future.

Following your discharge from hospital or attendance at your outpatient appointment you will receive a text asking if you would recommend our service to others. Please take the time to text back, you will not be charged for the text and can opt out at any point. Your co-operation is greatly appreciated.

Additional information



Further information

If you have problems with your brace please contact the spinal therapy team on Tel: 0151 706 2537.

Text phone number: 18001 0151 706 2760

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