

## Patient information

### Osteoflex Spinal Brace Instructions for Use

#### Therapies Department

The Osteoflex spinal 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.

**One.** Shoulder Straps



**Three.** Body belt

**Four.** Additional Waist straps

**Two.** Back panel



The brace consists of a body belt (three) and additional tension straps (four) to offer lower back support, a back panel (two) and shoulder straps (one) to encourage upper back extension.

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.

### **Brace Fitting**

The brace can be fitted when you are sitting down and it is easiest to put the brace on like a rucksack.

Loosen the shoulder straps at the front of the brace (Figure One) and fold them back on themselves (Figure Two).



**Figure One**



**Figure Two**

Place arms through the shoulder straps (Figure 3) and ensure the back panel (2) is centred on your spine



**Figure Three**

Apply the body belt (three) as firmly as possible, by placing your fingers in the body belt panel loops (Figure three) and holding the front of the brace in your left hand and the right strap panel in your right hand (Figure three) and pressing the Velcro firmly together (Figure four).



**Figure Four**

Most belts have an additional set of waist straps (four) that can add extra compression.

Place fingers in the pockets and pull forwards to tension (Figure 5), attach the Velcro to the body belt (Figure six).



**Figure Five**



**Figure Six**

Detach the shoulder straps and pull them forwards to help achieve a more extended posture (figure seven). Cross the straps over at the waist and attach the Velcro to the belt (Figure eight).



**Figure Seven**



**Figure Eight**

## Removing the brace

Loosen the shoulder straps (one) and fold each strap back on itself, using the Velcro to keep them in place (Figure two).

Unfasten the additional waist straps (four) if present and reattach them onto the sides of the body belt panels, using the Velcro. This keeps them tidy, prevents them sticking to your clothes and ensures they are within reach when you put the brace on again.

Then unfasten the right body belt panel by holding the front of the brace in your left hand and the right body belt panel's loop in your right hand and pull the Velcro apart.

## Osteoflex 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.

### Additional Information

## 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.

## 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 2771**

**Author: Therapies Department**

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