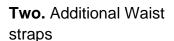


# Patient information

### **Pontsana Brace Instructions for Use**

# Therapies Department

The Pontsana brace will have been requested by your consultant and is worn to offer relief from back pain and to aid with your posture.





One. Body belt



Three. Back panel

The brace consists of a body belt (one) and additional tension straps (two) to offer lower back support.

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 in sitting. Ensure the back panel (three) is centred on your spine. Apply the body belt (one) as firmly as possible, by placing your fingers in the body belt panel loops (Figure one) and holding the front of the brace in your left hand and the right strap panel in your right hand (Figure one) and pressing the Velcro firmly together (Figure two).







Figure two

Most belts have an additional set of waist straps that can add extra compression (two). Place fingers in the pockets and pull forwards to tension (Figure three), attach the Velcro to the body belt (Figure four).





Figure Three

Figure Four

#### **Removing the Pontsana Brace**

Unfasten the additional waist straps (two) 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.

#### Pontsana spinal brace skin care

Wearing this device can cause skin damage for example pressure ulcers. While you are 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 2537

**Author: Therapies Department** 

**Review Date: May 2026** 

All Trust approved information is available on request in alternative formats, including other languages, easy read, large print, audio, Braille, moon and electronically.

يمكن توفير جميع المعلومات المتعلقة بالمرضى الموافق عليهم من قبل ائتمان المستشفى عند الطلب بصيغ أخرى، بما في ذلك لغات أخرى وبطرق تسهل قراءتها وبالحروف الطباعية الكبيرة وبالصوت وبطريقة برايل للمكفوفين وبطريقة مون والكترونيا.

所有經信托基金批准的患者資訊均可以其它格式提供,包括其它語言、 易讀閱讀軟件、大字

體、音頻、盲文、穆恩體(Moon)盲文和電子格式,敬請索取。

در صورت تمایل میتوانید کلیه اطلاعات تصویب شده توسط اتحادیه در رابطه با بیماران را به اشکال مختلف در دسترس داشته باشید، از جمله به زبانهای دیگر، به زبان ساده، چاپ درشت، صوت، خط مخصوص کوران، مون و بصورت روی خطی موجود است.

زانیاریی پیّوهندیدار به و نهخو شانه ی له لایمن تراسته و ه پهسهند کراون، ئهگهر داوا بکریّت له فوّرماته کانی تردا بریتی له زمانه کانی تر ، ئیزی رید (هاسان خویّندنه وه)، چاپی گهوره، شریتی دهنگ، هیّلی موون و ئهلیّکتروّنیکی ههیه.

所有经信托基金批准的患者信息均可以其它格式提供,包括其它语言、 易读阅读软件、大字体、音频、盲文、穆恩体(Moon)盲文和电子格式, 敬请索取。

Dhammaan warbixinta bukaanleyda ee Ururka ee la oggol yahay waxaa marka la codsado lagu heli karaa nuskhado kale, sida luqado kale, akhris fudud, far waaweyn, dhegeysi, farta braille ee dadka indhaha la', Moon iyo nidaam eletaroonig ah.