

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.

Two. Additional Waist straps

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 one



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

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

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