

NOBBE ORTHOPEDICS, INC.

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Guidelines For Wearing Your Extension Brace

Purpose

An Extension Brace was ordered by your doctor to protect your back and keep the lower and mid section of your spine straight or extended. Your doctor will tell you how long to wear your brace.

Wearing Guidelines

Putting On Your Brace

The orthotist will custom fit and adjust the orthosis to your body. If you remove the brace and need to put it back on, please do the following:

- Place the back piece of the brace (single pad) on a firm surface such as your bed, and lay down on the brace. Make sure the pad is in the center of your back.
- Bring the front portion up and over your chest, making sure the "T" pad is pointing down.
- Place the velcro strap through the "D" ring on the brace and tighten to tolerance.
- Carefully check the position and tightness of your orthosis to prevent chaffing or excessive pressure.

General Information

Preventing Skin Problems

Always wear a clean, dry, well-fitting 100% cotton T-shirt. Check your skin thoroughly under the orthosis for irritated spots every day. Skin irritations may occur from moisture and bacteria on the skin or if the brace is not positioned properly.

Bathing

Ask your doctor for bathing instructions and precautions. Remember, if you get the brace wet, it must be completely dry before you put it back on or skin irritation may result.

Rash

If the extension brace causes a rash or skin irritation, it may be due to heat, perspiration, or laundry detergent. Try changing the T-shirt more often and keeping the area clean and dry.

Cleaning your Orthosis

Use an antibacterial soap and water to clean your extension brace. Make sure the brace is thoroughly dry before you put it back on. Rubbing alcohol may be used to wipe the brace to help destroy bacteria that may be present and to remove soap residue.

Remember...

Never attempt to repair or adjust your extension brace yourself. If you are experiencing any problems or have questions regarding your brace, please contact your practitioner. Nobbe Orthopedics will work closely with you and your physician to ensure the best orthotic treatment possible