

Jewitt Brace Instructions

What is the brace/why it is used:

Patients use this brace when the spine needs to be kept in

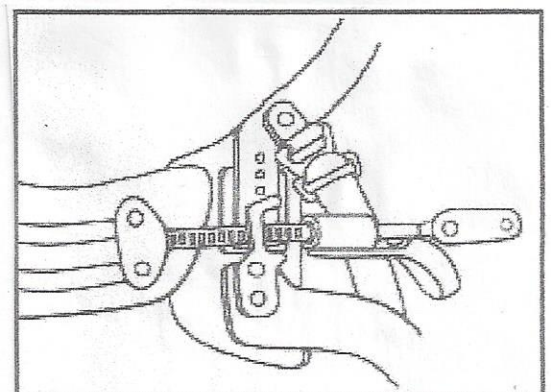
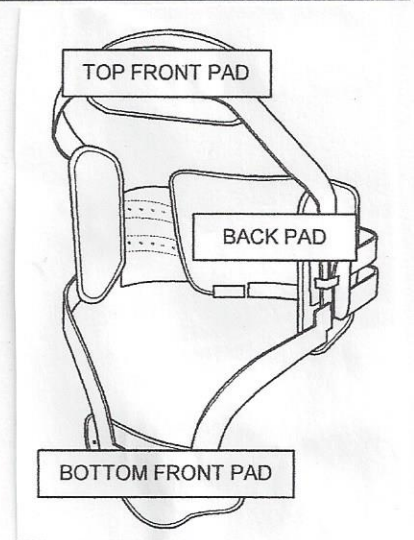
extension. The brace is applied keep your back in correct alignment. It is not meant to totally support the back, but to keep it in proper position.

How to apply:

We recommend that you have someone help you to remove and reapply the brace. Your doctor will tell you whether you should apply the brace in a standing position or lying down.

Lying down application:

- 1) Place the front portion of your brace so that the chest pad is two fingers above your nipple line.
- 2) With the front of your brace positioned, roll to the right and place the back section of the brace in the centre of your back.
- 3) Log roll onto your back and onto the brace's back section.
- 4) Secure the side latch. (see diagram below)
- 5) Tighten the worm screw (metal tab) as Ralph instructed (turn clockwise to tighten).
- 6) Roll to your side, then sit up/ stand.



To remove:

- 1) Loosen the worm screw (metal tab) in a counter clockwise direction.
- 2) Holding the brace with one hand, pull the ribbon forward to release yourself from the brace.
- 3) Log roll to your side and remove brace.

Bathing:

As directed by your doctor, sponge bathe or shower with your brace on.

Cleaning Brace:

Use mild soap and warm water to clean the pads.

Dressing:

A tee shirt should be worn under the brace. A front buttoned shirt or blouse is best to be worn over the brace with elastic waisted pants/shorts.

Skin Care:

Check your skin regularly for any red areas. You can use a mirror or have someone help you look over your skin area. If areas of redness appear that do not go away, or you experience increasing discomfort from your brace, contact the orthotist .

Activity:

Vehicle rides should be limited to medical appointments only unless otherwise permitted by your physician. Absolutely NO driving until your physician permits you to do so.

Please speak up if you have any questions or concerns. You can reach us at (613)582-7219

Yours Truly,

Ralph Roloff C.O.(c)