Information for patients
Spinal Corsets & Abdominal Supports

Orthotics
Spinal Corsets and Abdominal Supports
Abdominal supports provide the following functions
• To steady and limit motion of the joints, ligaments and muscles in your back.
• To support weak muscles
• To support vertebrae which have structural weakness.

Common uses are for osteoporosis, low back pain and abdominal hernias. Your support is designed to provide support and comfort and is prescribed to meet your specific needs.

Prescription Charges
Some abdominal supports incur a prescription charge. This is a government requirement as described by the Department of Health policy number HSG (95) 17. You will be provided with information on this prior to having the support fitted, including up-to-date prices and exception criteria.

When Should I Wear My Spinal/Abdominal Support?
Always take time to get used to your support, breaking it in gradually. When you wear your support is left to your own discretion. It should be worn when you feel you need extra support, for example when you know you are going to be active e.g. going shopping or doing the gardening or when you are in pain.

Caution!
You should try not to wear your support all the time. When you are wearing it the muscles in your stomach and back do not have to work as hard as normal and there is a risk that over time they could become weak.

Putting on Your Spinal Support
Your support can be put on standing up. Try to ensure it is central and if it has steels at the back ensure these are on either side of your spine. The straps should be pulled snug to ensure the support doesn’t move around.

Please note:
If your support has been prescribed to support a hernia it is best to put it on when you are lying down and the hernia is reduced.

Repairs
Please keep your support in good repair. You can return it to the Orthotics department to have the repairs done e.g. for worn fastenings or elastics. It can be dropped in or posted. Please ensure you include your name and address with the items. We will contact you when it is ready for collection.

Most supports can be washed and you should be provided with specific washing instructions when you have the device fitted. Remember to remove any metal stays before doing this. Do not tumble dry your support.
What Happens Next?
Once we are sure your support is appropriate for you and you have no problems, you can be provided with a second support. This will allow you to wear one whilst the other is being repaired. Once a support is beyond repair you will be required to bring it into the department to be checked, then a replacement can be ordered, ensuring you always have two in total.

You will be required to pay for each new corset you receive. Should you have any queries regarding your abdominal support please do not hesitate to contact us on 01691 404442.

We provide the clinical service for orthotics at The Robert Jones and Agnes Hunt Orthopaedic Hospital, Oswestry, The Royal Shrewsbury Hospital and The Princess Royal Hospital, Telford. Please find the relevant contact details below.
Please only contact the department where you are due to have an appointment or have already been seen, other sites will not be able to deal with your enquiry and you will be asked to ring the appropriate hospital.

The Robert Jones and Agnes Hunt Orthopaedic Hospital
Tel: 01691 404442
Below are the opening times for the department for dropping off/collecting footwear and appliances.
Please note the contact telephone number is available throughout normal working hours.
Monday 9.00am - 12.30pm 2.00pm - 4.30pm
Tuesday 9.00am - 12.30pm
Wednesday 9.00am - 12.30pm 2.00pm - 4.30pm
Thursday 9.00am - 12.30pm
Friday 9.00am - 12.30pm

The Royal Shrewsbury Hospital
Tel: 01743 261000 Ext: 3701
Monday 9.00am - 12.30pm 1.30pm - 5.00pm
Tuesday 9.00am - 12.30pm 1.30pm - 5.00pm
Wednesday 9.00am - 12.30pm 1.30pm - 5.00pm
Thursday 9.00am - 12.30pm 1.30pm - 5.00pm
Friday 9.00am - 12.30pm Closed pm

The Princess Royal Hospital
Tel: 01952 641222 Ext: 4224
Monday Closed am 1.30pm - 4.30pm
Tuesday 9.30am - 12.30pm 1.30pm - 4.30pm
Wednesday Department closed
Thursday 9.30 am - 12.30pm 1.30pm - 4.30pm
Friday 9.30 am - 12.30pm Closed pm

Please note we are only able to offer appointments at the site you have been referred to by your consultant/G.P. even if this isn’t the most local to your home address.
If you require a special edition of this leaflet

This leaflet is available in large print. Arrangements can also be made on request for it to be explained in your preferred language. Please contact the Patient Advice and Liaison Service (PALS) email: pals@rjah.nhs.uk

There are many benefits in stopping smoking before your surgery. These include:

• The risk of anaesthetic complications, such as breathing problems and chest infections are reduced.
• Wounds may heal more quickly
• Smoker’s bones, muscles and tendons can be slower to grow and repair.
• Risk of blood clots (DVT) is reduced
• Your hospital stay may be shorter

The sooner you give up smoking before your operation the greater the benefits.

Research shows that you are four times more likely to succeed in quitting completely with help and support.

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Hospital Stop Smoking Service
For advice and information on quitting smoking, or for an informal chat, please contact the Hospital Stop Smoking Sister on:
01691 404114