

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.office@rjah.nhs.uk

Feedback

Tell us what you think of our patient information leaflet. Please send your comments to the Patient Advice and Liaison Service (PALS) email: pals.office@rjah.nhs.uk

Date of publication: April 2018
Date of review: April 2020
Author: Orthotics Dept
© RJAH Trust 2018

Information for patients Hyperextension Spinal Brace



Orthotics

The Robert Jones and Agnes Hunt
Orthopaedic Hospital NHS Foundation Trust,
Oswestry, Shropshire SY10 7AG
Tel: 01691 404000
www.rjah.nhs.uk

Your spinal brace is designed to prevent forward flexion (bend) of the lumbar and lower thoracic spine (middle and lower portion of the back), most commonly used following a fractured vertebra.

When should I wear my spinal brace?

Your Consultant will advise you when to wear your spinal brace. In most cases the brace needs to be worn at all times except when lying flat. Again, your consultant will advise how long you need to wear your spinal brace for.

How do I put on my spinal brace?

You will have to put your brace on whilst lying down. Slide the back section under your lower back with the longer section pointing upwards towards the head. The front section should be placed over your torso with the triangular pad at the bottom, this should sit on your pelvic bone. The two chest pads should be just below the collar bones. Once in position, feed the long strap through the fastening clips and ratchet closed until the brace is held firmly in position. It is advisable to wear a thin vest or t-shirt underneath the brace to provide increased comfort. Ensure the vest/t-shirt does not bunch up creating creasing.

Caution!

Red marks may be noticed on the skin once the brace is removed. This is normal and should disappear within half an hour of removing the brace. It is important you check your skin regularly, especially if you have altered sensation. If you experience any of the following whilst wearing your brace please contact the Orthotic Department as soon as possible:

Swelling

Persistent discomfort/pain

Loss of sensation

Skin breakdown

Try not to open up the fastening clips too far as this can cause the ratchet mechanism to snap.

Washing

You can wipe your spinal brace with a damp cloth. Do not submerge in water. Spare pads may be provided if required for hygiene reasons. You do not need to return your spinal brace to the hospital once it is no longer needed.

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	1.30pm – 4.30pm
Tuesday	9.00am – 12.30pm	1.30pm – 4.30pm
Wednesday	9.00am – 12.30pm	1.30pm – 4.30pm
Thursday	9.00am – 12.30pm	1.30pm – 4.30pm
Friday	9.00am – 12.30pm	Closed pm

The Royal Shrewsbury Hospital / Tel: 01743 261000 Ext: 3701

Monday	9.00am – 12.30pm	1.30pm – 4.00pm
Tuesday	9.00am – 12.30pm	1.30pm – 4.00pm
Wednesday	9.00am – 12.30pm	1.30pm – 4.00pm
Thursday	9.00am – 12.30pm	1.30pm – 4.00pm
Friday	9.00am – 12.30pm	Closed pm

The Princess Royal Hospital / Tel: 01952 641222 Ext: 4224

Monday	9.00am – 12.30pm	1.30pm – 4.00pm
Tuesday	9.00am – 12.30pm	1.30pm – 4.00pm
Wednesday	9.00am – 12.30pm	1.30pm – 4.00pm
Thursday	9.00 am – 12.30pm	1.30pm – 4.00pm
Friday	9.00 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.