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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: rjah.pals.office@nhs.net

Feedback

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

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design by Medical Illustration

Information for patients Spinal Corsets & Abdominal Supports



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. Please speak to your orthotist if you require further guidance or advice.

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 hospital number 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.

RECEPTION OPENING TIMES

Monday – Thursday, 8.15 am – 5.45 pm

Friday, 8.15 am – 4.45 pm

GENERAL ENQUIRIES

Monday – Thursday, 8.45 am – 5 pm

Friday, 8.45 am – 4 pm

CLOSED FOR LUNCH 12.30 pm – 1.15 pm

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

Monday – Thursday, 8.30 am – 4 pm

Friday, 8.30 am – 3 pm

CLOSED FOR LUNCH 12.30 pm – 1.15 pm

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

Monday – Thursday, 9.00 am – 4.30 pm

Friday, 8.30 am – 12.30 pm. Closed pm

CLOSED FOR LUNCH 12.30 pm – 1.15 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.