

Lumbar Brace/Corset

What is the brace / why is it used:

A flexible elastic material garment for support of the lower spine. It provides a physical reminder to use proper body mechanics throughout the day.

How to apply:

Lying:

1. Log roll onto your side.
2. Place the rolled up corset behind you and tuck under your side.
3. Flatten out the remaining corset and roll back on to corset.
4. Attach by using the eyelets and snaps. Tighten by pulling forward on straps. Bottom straps first, then top straps. Be sure corset is snug but comfortable.

You may stand to apply corset when your doctor permits.

Bathing:

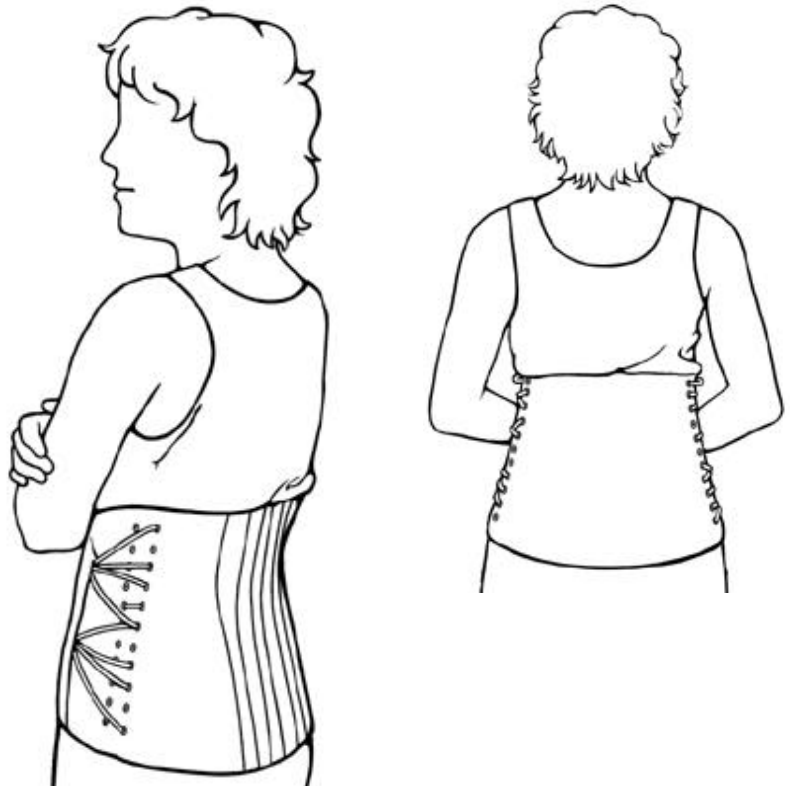
You will need to either bed bathe or shower without the corset on, as your doctor allows.

Cleaning Brace:

Remove supports, hand wash or machine wash-gentle cycle. AIR DRY .

Dressing:

A close fitting tee shirt or undershirt should be worn under corset. Comfortable clothing may be worn over top. Elastic waist, sweat pants, etc.



Skin Care:

Inspect your skin for any red areas. You may use a mirror or have someone help you look at your skin. If there are areas of redness that do not go away, or you have increasing discomfort from your brace, contact the orthotist (the person who brought/made the brace).

Activity:

Car rides should be limited to doctor's appointments unless otherwise permitted by your doctor. Absolutely NO driving a car until your doctor allows. Further activity precautions are explained in the precaution section of this book.