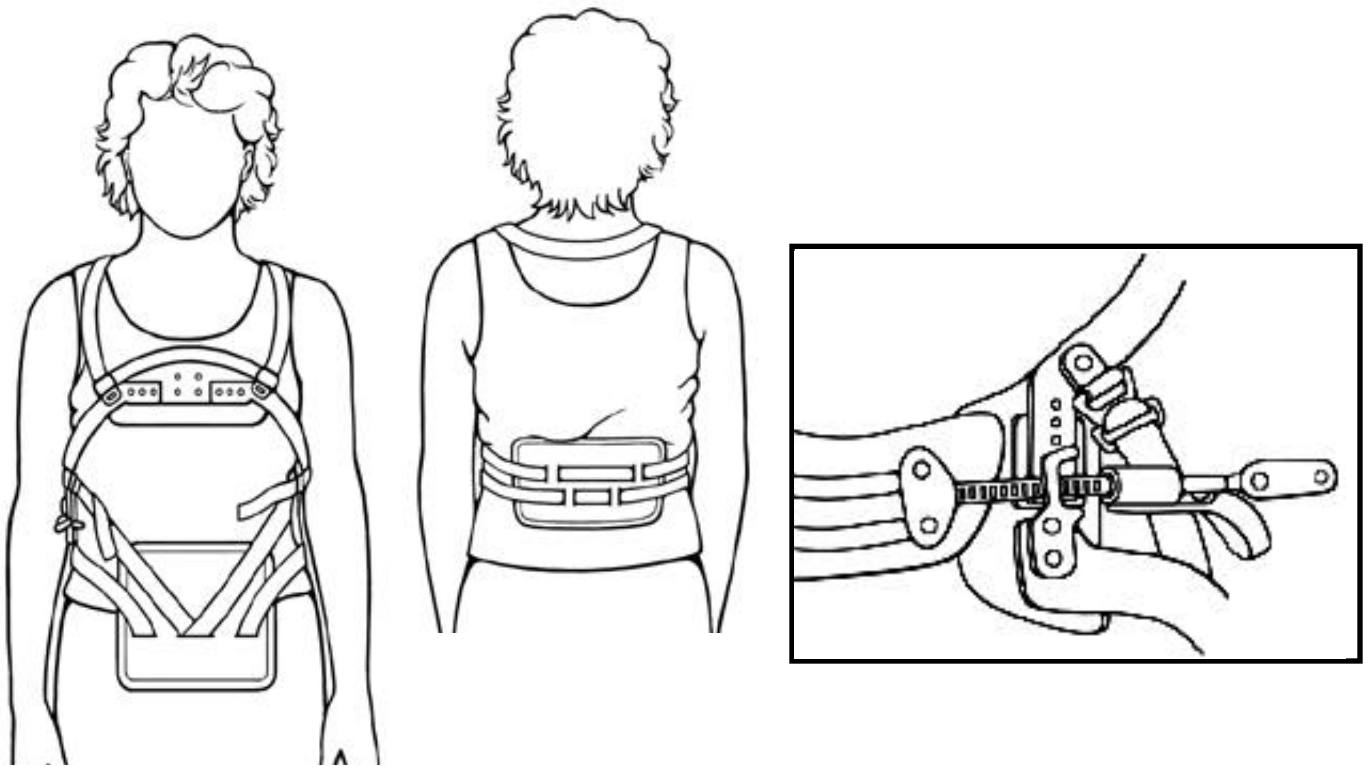


Lumbar/Jewitt Brace



What is the brace/ why is it used:

This brace is used when the spine needs to be kept in extension. The brace is used to keep your back in correct alignment. It is not intended to totally support your back, only to help you keep it in the proper position.

How to apply:

We suggest that you have someone help you remove and reapply your brace. The doctor will tell you whether you should apply your brace lying down or standing.

Lying down:

1. Place the front section of the brace so that the sternal(chest) pad is two fingers above the nipple line.
2. With the front of the brace in position, roll to the right and position the back section of the brace in the center of your back.
3. Log roll onto your back and onto the back section of the brace.
4. Secure the side latch (see side view).
5. Tighten the worm-screw (plastic tab) as we instructed you () turns clockwise.

6. Roll to your side/sit and stand.
7. If the shoulder strap is used (optional), tighten or loosen the side buckle until the desired position is achieved.

To remove:

1. Loosen the worm screw mechanism (plastic tab) counter clockwise.
2. Hold the brace with one hand and pull the ribbon forward to release yourself from the brace.
3. Remove the shoulder strap (if attached).
4. Log roll to your side and remove the brace.

Bathing:

As per your physician, sponge bathe or shower with brace on. If you are allowed to shower we will instruct you on how to remove the cotton pad.

Cleaning Brace:

Use mild soap and warm water to clean padded area.

Dressing:

A tee shirt should be worn under brace. A button-down shirt is best over the brace and elastic waist short, 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 (person who brought/made the brace).

Activity:

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