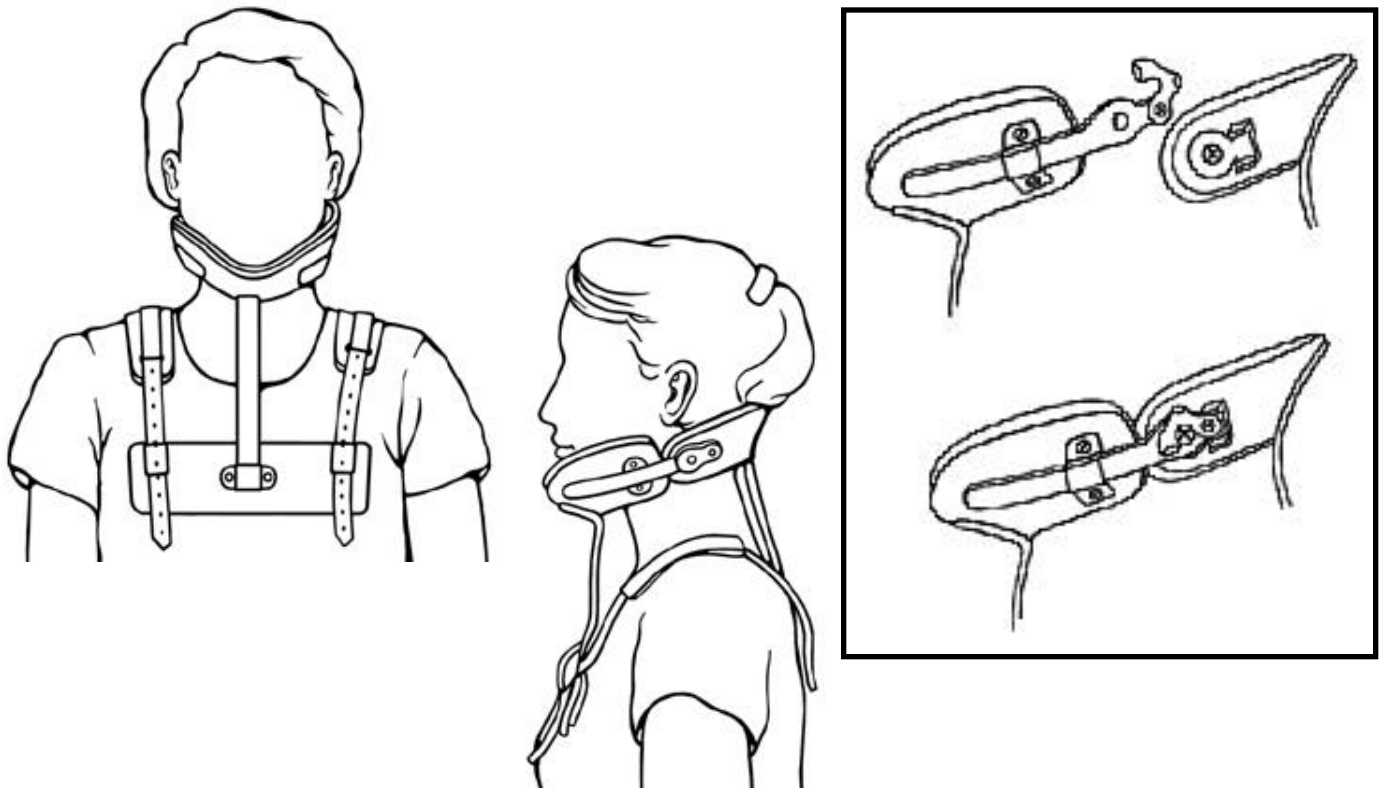


2 Poster Brace



What is the brace/ why is it used:

A 2 poster brace is a rigid neck brace that is designed to position your neck in a neutral position. It has a front piece with a chin cup and a back piece with a head support. Straps are attached that come over the shoulders and buckle onto the front piece.

How to apply:

Always keep your neck straight while removing and reapplying brace. This may be done lying down or sitting up as **permitted by your doctor**. We suggest that you have someone help you remove and reapply your brace.

How to Apply (cont.)

Lying down:

To remove:

1. Unbuckle shoulder straps. Unbuckle chest strap if you have one.
2. Raise latch hooks on each side of the chin cup and gently pull front pieces away from pins.
3. Remove front piece. Have someone help you with skin care, shaving, etc. Then replace front piece. Do not secure latch hooks.
4. Holding front piece in place with one hand, log roll to your side. The back piece may then be removed for skin care. Replace back piece when skin care is complete.
5. Log roll to your back. Secure latch hooks and straps before sitting up.

Sitting:

Your brace may also be removed while sitting if permitted by your doctor.

You will need to have someone help you remove and reapply your brace.

Both pieces of the brace may be off while someone helps you with skin care.

You must keep your head and neck still while the brace is off. Reapply brace by putting back piece in place, then apply front piece. Snap pins into holes and close latches. Fasten shoulder straps.

Bathing:

You may shower with your brace on when your doctor says it is ok. After showering, have someone help you remove the brace, dry your skin and the brace, and put it back on.

Skin Care:

Every day someone should help you remove your brace and check your skin for redness or open areas. Check especially under your chin and the back of your head. If you find areas of redness that don't go away, call your orthotist (person who brought/made the brace).

Cleaning Brace:

The brace may be washed with mild soap and water. Dry thoroughly. Occasional cleansing with alcohol may prevent irritation.

2 Poster Brace (cont.)

Dressing:

You should wear a clean top or shirt under the brace. A tank shirt or tee shirt with a large neck opening works well. Have someone help you remove your brace to change your shirt. Button-up shirts may be easiest to wear over your brace.

Activity:

Car rides should be limited to doctor's appointments 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.

Other Instructions:

Because you will not be able to see your feet when walking, look ahead. Be alert for toys, rugs, uneven floor or ground surfaces and pets.

Speak Up if You Have Any Questions or Concerns