

## Repairs and long-term use

If you are a long-term patient, you may return your brace to the Orthotics Department for repairs, if required, i.e. new fastenings or linings. The Orthotics Department requires that you clean the brace before bringing it in for repair / adaption. If received in an unreasonable state we may refuse to repair or replace it.

If you feel your needs have changed and you need to be seen by the orthoptist, you will need a referral from your GP.

Please make sure that any spinal braces that are dropped off or posted to the department have your name, address and date of birth attached.

## Eligibility

You are eligible to one spinal brace. If you wish to purchase more braces above your NHS entitlement, you may do so by paying. Please contact the department for a quote and advice.

## Contact us

Orthotics Department  
South Block  
Royal Berkshire Hospital  
London Road  
Reading RG1 5AN  
Tel: **0118 322 7552**

### Your Orthotist is:

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To find out more about our Trust visit  
[www.royalberkshire.nhs.uk](http://www.royalberkshire.nhs.uk)

**Please ask if you would like this  
information in another language or  
format**

NHS Orthotic Managers Group, May 2025  
Next review due: May 2027



# Guidelines for the use of a spinal brace

Information for patients

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Department of Orthotics

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**This leaflet gives advice to patients who have been supplied with a spinal brace (sometimes referred to as a TLSO) from the Orthotics Department.**

**It details information on how and when to use your prescribed orthosis, how to care for it and how to contact us if you have a problem or require a replacement.**

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## **What is a spinal brace?**

A spinal brace is designed to help stabilise your spine, restrict movement and hopefully reduce pain in the affected area.

There are many different types of spinal braces that can be

prescribed by the orthotist, depending on the level of injury and any other injuries / spinal shape.

This brace is adjusted for your use only or custom-made. Do not adjust the brace or fit it to anyone else.



## **When and how long to wear it**

The length of time a spinal brace is required is specific to each patient and condition – your consultant will discuss this with you.

Your spinal brace should be worn at all times, except when lying completely flat in bed.

The spinal brace needs to be fastened up tightly to provide maximum support to your spine and to prevent the brace from rotating or slipping down. If you feel your spinal brace is no longer fitting properly, please contact us for a review appointment.

A snug fitting layer, like a cotton t-shirt, should be worn underneath the spinal brace to protect the skin and keep the spinal brace clean.

## **Fit**

When the spinal brace is supplied the orthotist will adjust all the straps to the correct position and instruct you how to fit your spinal brace.

Your spinal brace will be a close fit but should not rub the skin. You may

find that there will be a few red marks on your skin after removing it; these should fade after one hour. If they persist for longer or it has caused a sore then contact us for a review.

## **Cleaning and maintenance**

Please keep your spinal brace in good condition. You will not be able to have a shower or bath while wearing the spinal brace. Unless instructed otherwise, you will need to be assisted to have a flannel wash while lying down.

Your brace may come with a collar that comes with a removable liner inside which will have specific cleaning instructions from the manufacturer and will be supplied upon receiving the device. If you require a replacement for this, please contact the Orthotics Department.

The outside of all spinal braces can be cleaned with a damp cloth and towel dried. Do not use heat to dry it as it may distort the shape. Do not use any detergents or soak the brace.