

Cleaning and maintenance

The corset should come with instructions for use on how to clean the device.

Typically the instructions are:

- Do hand wash and use a mild detergent
- Do not use a fabric conditioner
- Do not bleach
- After washing, wrap the garment in a towel to absorb moisture and then allow to dry naturally
- Do not tumble dry
- Do not dry in direct sunlight or place on a radiator
- Do not iron

You should keep your support in good repair. The Orthotics Department can repair it, e.g. replace worn fastenings or elastics. Please return it clean.

Eligibility

You are eligible to two functional corsets. If you wish to own more corsets 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:

To find out more about our Trust visit
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 corsets

Information for patients

Department of Orthotics

This leaflet gives advice to patients who have been supplied with a corset from the Orthotics Department

What is a corset?

A spinal corset or abdominal support is usually made with fabric materials and prescribed to provide control and support to the spine and pelvis.



A corset has many aims:

- To steady and limit motion of the joints, ligaments and muscles in your back.
- To support weak muscles.
- To reduce postural drop when standing
- When there is an abdominal hernia that needs supporting to prevent it increasing in size.

Fitting of abdominal corsets

For reducible hernias, it is necessary to lie on a bed and ensure the hernia is massaged into the abdomen and reduced as much as possible. Position any pads correctly, and then fasten the corset tightly.

Fitting of spinal corset

Make sure the rigid steels struts are still shaped well and follow the shape of your back.

- Centre the garment to your back at the waistline and secure the fastening i.e. one strap to hold the corset in the correct place.
- Loosely fasten all straps or Velcro from the bottom edge upwards.
- Check that the corset is still centred correctly, and then tighten up the straps so snug, once again starting at the bottom edge. This helps to lift the abdomen into the correct position.
- Next, fasten and tighten the band and strap to increase pressure to the lower back and abdomen.

Wearing your corset

Your corset should only be worn when it is needed, e.g. when undertaking strenuous activities. **Your corset should not be worn all the time**, as your body will become reliant on the corset and you may become weaker.

Allergies

Please be aware of allergies that may occur when your skin comes into contact with the corset. This may be from the metals, rubber, plastic, natural and man-made fibres.

Please tell your orthotist if you have any allergies to any of the above.

If you have any problems with your corset, discontinue use and contact the department for a review appointment.

If you have any questions regarding your corset or feel you may benefit from a review, please contact us.