

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

### 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 made a sore we need to see you to get this adjusted.

### Eligibility

You are entitled 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 NHS Foundation Trust  
London Road  
Reading RG1 5AN

Tel: 0118 322 7552

Fax: 0118 322 7551

Your Orthotist is:

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All our publications can be made available in different languages or formats

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Royal Berkshire  
NHS Foundation Trust

Department of Orthotics

Guidelines for the use  
of spinal brace

Information for patients

This leaflet aims to give help 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.



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 which can be prescribed by the orthotist depending on the level of injury and body shape of the patient.

This brace is either custom-made or

adjusted for your use only. Do not adjust it or fit it to anyone else.

### When and how long to wear it for

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 flat in bed unless your consultant instructs you otherwise.

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 cotton t-shirt should be worn underneath the spinal brace as it will absorb perspiration, protect the skin and keep the spinal brace clean.

### Cleaning and maintenance

Please keep your spinal brace in good condition. You will not be able to have a shower/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 of 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 on it or soak the brace.

### Repairs and long term users

If you are a long term user, you may return your brace to the orthotic department for repairs if required ie 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 it may be refused.

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