

## INFORMATION FOR PATIENTS

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# Spinal braces

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This leaflet details information on how and when to use your prescribed spinal brace, how to care for it and how to contact us if you have a problem or require a replacement.

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

The spinal brace is either custom made or adjusted for your use only. Do not modify the spinal brace or fit it to anyone else.

### How long should it be worn and how long is it needed?

If the spinal brace was supplied as an inpatient, it will be needed for 6-12 weeks only. Your consultant will clarify this with you either before discharge or at review. If your spinal brace was supplied as an outpatient, the length of time it is to be worn is specific to each patient and condition. Your consultant will clarify this.

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.

### Personal care

You will not be able to have a shower or bath while wearing the brace. You will need to be assisted to have a strip wash while lying down. A snug-fitting cotton t-shirt should be worn under the spinal brace as it will absorb perspiration, protect the skin and keep the spinal brace clean.

### Care and maintenance

Your spinal brace may come with a collar section that has a removable liner. If you require a replacement liner please contact the Orthotics Department.

The liner can be removed and washed with mild hand soap and water. To dry the liner squeeze out any excess water with a towel and allow to air dry (do not use a heat source).

Specific wear and care instructions may be supplied depending on the spinal brace you have been given. These should be followed alongside any other advice your orthotist or consultant give you.

If you are unclear as to how to get your spinal brace on and off, please contact the Orthotics Department (details towards the end of this leaflet).

If you experience any problems with your spinal brace please contact the department.

Please keep this leaflet safe for future use. You are now able to contact the department directly for orthotic care as required. If you need a review appointment, or if the orthosis requires servicing or replacement, you **do not** need to be referred again.

If there are new symptom(s)/condition(s) that are unrelated, a new referral will be required to be assessed for further orthotic management.

**Your orthotist is:**

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**Contact details**

Orthotics Department  
Clinic 2  
King's Treatment Centre  
King's Mill Hospital  
Sutton in Ashfield  
Notts  
NG17 4JL

**Clinics are held at:**

- Clinic 2, King's Treatment Centre
- General Outpatients, Newark Hospital
- Neuro Rehabilitation, Mansfield Community Hospital.

The contact telephone number for **all** orthotic queries is 01623 676163.

**Further sources of information**

NHS Choices: [www.nhs.uk/conditions](http://www.nhs.uk/conditions)  
Our website: [www.sfh-tr.nhs.uk](http://www.sfh-tr.nhs.uk)

**Patient Experience Team (PET)**

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

**King's Mill Hospital:** 01623 672222  
**Newark Hospital:** 01636 685692  
**Email:** [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net)

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email [sfh-tr.PET@nhs.net](mailto:sfh-tr.PET@nhs.net).

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you.

External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them.

If you require a full list of references for this leaflet, please email [sfh-tr.patientinformation@nhs.net](mailto:sfh-tr.patientinformation@nhs.net) or telephone 01623 622515, extension 6927.

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