

INFORMATION FOR PATIENTS

Omo Neurexa shoulder brace

Why do I need to wear this brace?

This shoulder brace has been prescribed to you because the muscles in your arm are not working well enough to keep your shoulder in position. The brace is designed to improve your posture and reduce your pain symptoms.

This brace has been fitted for your use only. Do not adjust it or fit it to anyone else. It is important to wear the brace as instructed.

How long do I need to wear the brace?

Your physiotherapist will discuss with you the length of time you need to wear it.

When should I wear the brace?

The brace should be worn whenever you are sitting or walking around. The brace should not be worn in bed overnight.

How should I put the brace on?

The person who fits your brace will explain how to do this. Once you are at home continue to use the same method. You may need assistance to put the brace on.

How do I look after my brace?

When not being worn stick the Velcro parts together, this protects the Velcro. Close all Velcro fastenings before washing - machine washing at 40°C (104°F) is recommended.

Use a dry towel to absorb excess moisture and leave to dry at room temperature away from direct heat. Do not iron.

Precautions

It is advisable to wear the shoulder brace directly against your skin with regular daily skin checks.

Always follow the guidance of your orthotist or physiotherapist regarding the use of this shoulder brace.

Eligibility

One Omo Neurexa brace will be supplied initially. As this wears out, we will replace it. The life span of your brace will depend on your activity level and the frequency of use. If you wish to have more braces, please contact the department for a quote.

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 brace has been fitted by:

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Role:

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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

Our website: 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

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.

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 or telephone 01623 622515, extension 6927.

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