

# Scoliosis Bracing

## What is scoliosis?

Scoliosis is an abnormal sideways curvature of the spine, when measured by x-ray, is greater than 10 degrees. Scoliosis may also involve twisting of the spine.

## Spinal bracing for scoliosis

### Scoliosis

A custom scoliosis orthosis, commonly referred to as a Boston orthosis, is used to manage scoliosis. The orthosis is designed to hold the spine in a straighter position while growth is still occurring. The aim of the orthosis is to prevent the deformity from worsening. Every orthosis is custom made for each individual patient requiring treatment.

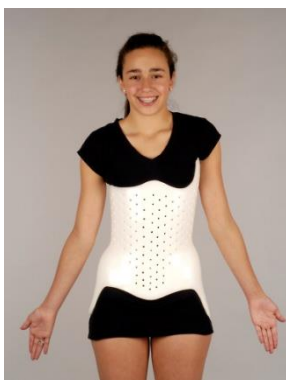
### Standard wearing protocol:

The orthosis will apply pressure to the body to enable the spine to be held in the best position possible, so it is important to get used to the orthosis slowly. It is expected that the orthosis will eventually be worn full time, day and night. This process should be achieved within three weeks, although, some patients may adapt to wearing the orthosis in a shorter time frame. The following instructions may help the skin and muscles adjust to wearing the orthosis:

- Begin wearing the orthosis at night only
- Once overnight wear is tolerated, increase wear to include a couple of hours during the day
- Each day slowly increase the hours wearing the orthosis until full time wear is achieved
- Weekends are a good time to increase wearing time, as the orthosis can be removed and reapplied later on in the day if discomfort is experienced
- Once the orthosis is tolerated over the weekend trial wearing the orthosis at school

### Other points

- A singlet should be worn under the orthosis against the skin
- The orthosis can be removed for bathing and sporting activities
- The orthosis will cause areas of redness which should disappear within an hour of removing the spinal orthosis
- Eat smaller more frequent meals if there are problems tolerating the pressure over the stomach after eating and/or drinking



Custom Scoliosis  
Orthosis (front)



Custom Scoliosis  
Orthosis (back)



Custom Scoliosis  
Orthosis (under  
clothes)

### Putting the orthosis on correctly:

The wearer alone will not be able to effectively put on their own orthosis and will require assistance putting on the orthosis correctly.

- A tight fitting cotton singlet must be worn under the orthosis
- Identify top from the bottom and the back from front. The opening of the orthosis runs down the middle of the back
- The orthosis is flexible allowing the orthosis to be stretched open to allow easy donning. Make sure the waist groove is sitting at the waist and ensure that the orthosis is not twisted
- Fasten velcro straps. To get the best results the straps should be fastened while lying face down or if standing, whilst bending forward from the hips
- Fasten the middle strap located at the waist, followed by the top and bottom straps
- Retension all straps until the orthosis is tight. **Ensure the velcro straps are all fastened securely.**
- When you remove the orthosis, check the skin to ensure there is **no rubbing, blisters or skin breakdown** caused by the orthosis
- Mild redness on the skin is expected and normal. This should disappear within an hour of removing the orthosis

### Skin care:

- Skin should be monitored daily to ensure the orthosis is not causing any broken skin or blisters
- If redness caused by the orthosis is persisting for longer than an hour or breaking the skin, you should remove the orthosis and contact your orthotist for advice
- Dry skin/mild rashes can be treated with sorbolene. If using creams ensure there is minimal residual cream left on the body. Before putting the orthosis back on, ensure the skin is clean and dry

### Cleaning the orthosis:

- The orthosis must be cleaned **daily**
- Use hypoallergenic wash and a face washer to clean the orthosis
- Rinse well and towel dry before putting the orthosis back on

### Reviews and follow up:

- A review appointment will be booked two weeks after the initial fitting. This appointment is required to check that the orthosis is fitting comfortably and working correctly. Holes will also be added to the orthosis so it is cooler to wear
- Reviews will be booked every four months to check comfort and function of the brace. The straps will wear out over time, therefore straps will also be replaced at this time

### Points to remember:

- **The orthosis should never cause broken skin.** If you notice a rub or a blister, remove the orthosis and contact the Orthotics Department
- After the second week of wear the orthosis is required to be **worn 20 or more hrs daily**

**PLEASE ENSURE YOU CONTACT YOUR ORTHOTIST IF YOU HAVE ANY QUERIES OR CONCERNS REGARDING THE SPINAL ORTHOSIS**

**PLEASE ENSURE YOU BOOK AN ORTHOTIC APPOINTMENT ON THE SAME DAY AS YOU ORTHOPAEDIC REVIEW. YOU WILL NEED TO BOOK THIS WELL IN ADVANCE TO ENSURE YOU CAN BE SEEN ON THE SAME DAY**

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Your Orthotist is \_\_\_\_\_