

# High Taylor Brace



## What is a High Taylor Brace?

A High Taylor Brace (HTB) is a spinal orthosis designed to stabilize your back after surgery. This is achieved by keeping the spine in a stable and upright position and minimising any bending motion.

### Standard wearing protocol:

The orthosis will apply pressure to the body to enable the spine to be held in the best position possible after surgery.

You are expected to wear your HTB:

- At all times except bathing and lying in bed
- Only when walking. The HTB can be taken off when lying in bed and sitting
- During school hours
- As directed by your Doctor

### 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. There will time to practice putting on the HTB before being discharged from hospital.

- When lying:
  - A firm fitting cotton singlet must be worn under the orthosis
  - Identify top from the bottom and the back from front
  - Roll onto the preferred side
  - Position the metal uprights so they sit either side of the spine. The bends in the uprights should match the bends of the spine and will help position the brace in the correct position
  - Feed the chest straps and the abdominal straps under the body and pull them through from the other side
  - Holding the metal uprights in the correct position roll onto your back
  - Tension all straps until the orthosis on firmly. **Ensure the velcro straps are all fastened securely**

- When Sitting:
  - A firm fitting cotton singlet must be worn under the orthosis
  - Identify top from the bottom and the back from front
  - Position the metal uprights so they sit either side of the spine. The bends in the uprights should match the bends of the spine and will help position the brace in the correct position.
  - Tension all straps until the orthosis on firmly. **Ensure the velcro straps are all fastened securely.**

#### 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 after the brace has been removed, 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

#### Other points

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

#### Reviews and follow up:

- A review appointment will be booked if required
- The straps may wear out over time, if this is the case please book an appointment so the straps can be replaced

#### 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

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

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