



## SHIRTS FOR BRACES

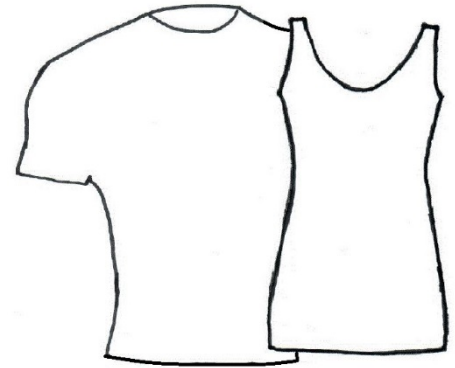
Wearing a shirt under your back brace is important. The fabric protects your skin and keeps it from sticking to the brace.

### What kind of shirt is best for wearing under a brace?

Seams and wrinkles in the shirt can be uncomfortable. Therefore, try to find tight-fitting shirts.

The following terms can be helpful when looking for a shirt to wear under a brace:

- Seamless
- Wicking
- Anti-odor
- Quick-drying
- Spandex, elastane, compression



### Where do I buy these shirts?

- **Seamless Camisole / Seamless Tank Top**

An internet search for "seamless camisole" or "seamless tank top" will result in many options. Also, look for "tunic-Length" or "long" in the description. These types of camisoles or tank tops can be found on retail websites such as Dillard's and Kohls.

- **Compression Shirt / Cooling Shirt**

An internet search for "compression shirt" or "cooling shirt" will result in many options. Also, these shirts can be found on retail websites such as Amazon, Dick's Sporting Goods, Academy or Macy's. These types of shirts may not be available at the physical stores the entire year.

### What are some brand names?

- Under Armour® (The tight-fitting ones, not the baggy, logo versions.)
- 32 Degrees™
- Nike Pro
- BCG (Academy stores)
- Champion® (Target)

### What about specialty brace shirts?

- We can provide specialty brace shirts. However, these are quite expensive.
- Some insurance companies will pay for up to three specialty brace shirts, with a new brace.
- Most brace wearers prefer the shirts that are listed above.