



WEARING YOUR SCOLIOSIS BRACE

Your scoliosis brace is made to hold your back as straight as possible while you are growing to keep the curve from increasing in size. To do this, it must be worn tightly for many hours every day.



Scan the QR code on left to watch the video "Daytime Bracing for Scoliosis", or watch on YouTube channel: www.youtube.com/mySRHvideos Select Playlists, Scoliosis Education Series, then select View Full Playlist: "Daytime Bracing for Scoliosis"



Putting on the Brace

Wear a tight-fitting undershirt. Open up the brace and slide it around your body. Move the brace up or down until the waist rolls fit in your waist between your ribs and the tops of your hip bones. Tighten the straps to the marks your orthotist drew on the straps. If the undershirt wrinkles or has seams, pull on the fabric to smooth them out.

Wear Schedule

Getting used to wearing your brace will take some time. Your orthotist will instruct you about starting to wear your brace. The brace needs to be worn day and night as prescribed to be effective. You may take it off to shower, play sports or dance.

Taking Care of Your Skin

The brace pushes firmly on your body and will cause redness of your skin. Over time the skin in the pressure areas may become darkened and tougher. These changes are temporary and may improve brace comfort. If you develop a sore, your brace needs adjustment.

Clothing Suggestions

Loose fitting clothing will hide the brace better than form fitting clothing. Bras without underwires may be more comfortable.

Taking Care of the Brace

To help prevent skin irritation, the inside of the brace must be cleaned at least once a week. Use a cloth to wipe the brace clean using soap and water or rubbing alcohol.

Questions or Concerns?

Please call the **Orthotics department** if you have any problems or concerns with the brace:

Dallas 214-559-7440

Frisco 469-515-7240