

## PATIENT INFORMATION

# FITTING SPINAL BRACE – JEWETT TLSO



## Physiotherapy Department

### Fitting Spinal Brace – Jewett TLSO

Spinal braces are used to support your back following injury such as spinal fractures. The brace provides extra stability and minimises further damage, allowing you to sit and / or walk.

It is essential to wear this brace **every time** you are getting up or out of bed and that you follow the application and removal instructions below.

#### The spinal brace – Jewett TLSO

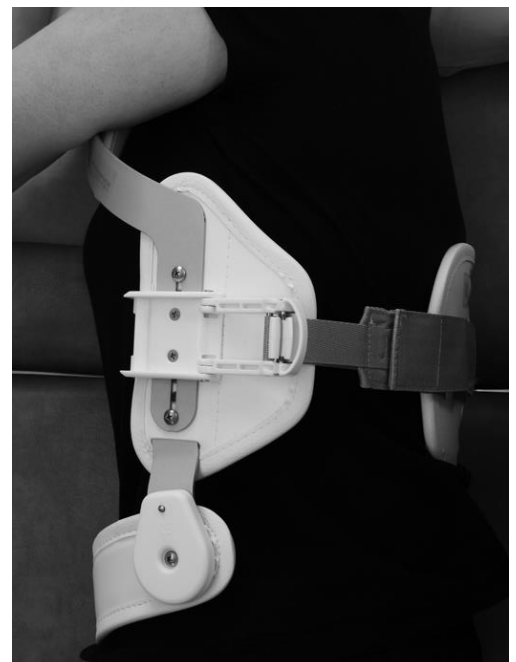


#### Putting on the brace

**This should be done lying flat on the bed, unless instructed otherwise.**

##### **Step 1**

- Ensure the bracket on the left side of the brace is unclipped before starting.
- The individual rolls or is rolled onto their right side.
- Position the front half of the brace over the individual's chest. Make sure the upper pad is over the breastbone and the lower pad is resting across the front of your lower trunk.
- Slide the back strap around the individual and tuck under the waist curve. The white pad should be sitting centrally over the back.



## Step 2

- The individual rolls onto their back.
- Pull the back strap through on the right side and attach the clip on the right to join the back and front of the brace together.
- Snap shut the bracket on the left side. The brace should now feel a tight and secure fit.

Right clip



Peg should be engaged in smaller part of keyhole.

Left clip



Left latch in closed position.

## Step 3

- With the brace on, the individual can now roll onto their side and bring themselves up and into sitting.

**If the brace is too high or not centrally aligned on the individual do not adjust whilst sitting. Return the individual to lying flat, remove the brace, and recommence from Step 1.**

## **Removal of brace.**

### **Step 1**

- Return the individual to lying flat on their back on the bed.

### **Step 2**

- Undo the left then right clip on the brace.

### **Step 4**

- The individual now rolls onto their right side.
- The brace can now be slid out from underneath the individual.
- Once the brace is removed, the individual can return to lying flat on their back.

### **Further information**

- This brace should be worn whenever the individual is sat up in bed or when out of bed, unless advised otherwise by the medical team.
- Skin checks should be carried out daily to check for any areas of redness, irritation or broken skin. Please contact your GP if you have any concerns.
- The brace should always be worn over a vest or t-shirt.
- You can shower in this brace, however you will need to remove the brace after you've showered and return to flat bed rest, unless advised otherwise by your Physiotherapist, while the brace dries. The brace will need to be removed and re-fitted as per the instructions above.
- Please do not attempt to alter or adjust the mechanics or fit of this brace. If you have any concerns regarding the fit, please contact Orthotics on 01905 760184.

**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.