



# Hyperextension Spinal Orthosis

- An anterior control spinal orthosis is a brace worn to help support your back.
- The brace has been molded and modified specifically for you.
- It may be used for: trauma, osteoporosis, kyphosis, or fractures.
- This brace is ***NOT*** to be worn while sleeping.
- This brace is to be worn while sitting, standing, and walking
- Always follow specific instructions given by your doctor and practitioner.



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## Wearing the brace

**\*\*Always follow the wearing instructions of the device as described by your doctor and practitioner.**

Prior to wearing the brace, it is important to check the following things:

- Make sure the brace is clean and dry.
- Make sure there are no cracks, rough edges, or worn areas on the brace.
- Make sure any rivets, straps, or fasteners are secure on the brace.
- Make sure your skin is clean and dry.
- Examine your skin and look for abnormal redness, blisters, or sores at least one time a day.
- This device is designed to always be worn with a protective cotton undershirt between your skin and the brace.

## Applying the brace on your body

- Put on a well-fitting t-shirt ***without*** buttons, zippers, or snaps.
- Open the strap on the brace and lay the brace on a flat surface that you can lie on.
- Lay flat on your back, on top of the back pad, so it is positioned in the middle of your back.
- Lay the front of the device on top of your body. The top front of the frame should be on your sternum (breast bone) and 1" below your collar bone. The bottom front of the pad should be near your pubic bone.
- Make sure the back pad of the brace and strap are centered in the middle of your back.
- Secure the straps snugly. If present, fasten over the shoulders straps too.

## Precautions

**\*\* If you find any areas of concern or have questions, contact your practitioner before wearing the brace.**

- Clean your device with hypoallergenic soap and water. ***Do not*** immerse the device in water.
- For comfort When sitting, you may find it helpful to place a small pillow behind your lower back and sit as straight up as possible for comfort.
- If the brace is riding up under your arms or at your throat, it is likely the brace is fastened too loosely. This requires repositioning and retightening of the straps.

Either style of an anterior control spinal orthosis is to be worn on the front of the body as shown below.

