

Wearing Instructions Jewett Extension Orthosis

You have just received a **Jewett extension orthosis**. This brace is used when the spine needs to be kept in extension. The brace is used to keep your back in correct alignment.

To put on brace:

1. Wear a t-shirt under the brace.
2. Place the front section of the brace so that the sternal (chest) pad is two fingers below the notch below your neck.
3. With the front of the brace in position, roll to the right and position the back section of the brace in the center of your back.
4. Log roll onto your back and onto the back section of the brace.
5. Pull the ribbon to hook the back strap on the peg on the side of the brace.
6. Secure /clip the side latch.
7. Roll to your side/sit and stand.

To remove:

1. Unclip the buckle/side latch by pinching the clip.
2. Hold the brace with one hand and pull the ribbon forward to release yourself from the brace.
3. Log roll to your side and remove the brace.

Caring for your brace:

- As per your physician, sponge bathe or shower with brace on.
- Use mild soap and warm water to clean padded area.
- Inspect your skin for any red areas. You may use a mirror or have someone help you look at your skin.
- Car rides should be limited to doctor's appointments only unless otherwise permitted by your doctor. Absolutely NO driving until your doctor allows.

Please contact your practitioner if there are areas of redness that do not go away, or you have increasing discomfort from your brace.



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