



Getting used to your spinal brace: information for children and young people

You have been recommended a spinal brace. This information sheet from Great Ormond Street Hospital (GOSH) explains the programme for gradually increasing the amount of time each day you spend wearing the brace. It also says what sort of checks you need to do each day when you are wearing the brace.

Information for Date started

Type of spinal brace Boston brace Anterior Posterior Bivalve

Supplied and fitted by

Next review appointment

If you have any questions about your spinal brace, please call 020 7405 9200 ext 5617 or email orthoticsteam@gosh.nhs.uk

Getting used to the brace

- You need to wear your brace for _____ hours each day, every day for it to be effective.
- You should get used to wearing the brace by gradually building up the length of time you wear it until you reach the length of time specified above.

Day	Length of time in brace	Comments and instructions
1	1 hour	
2	2 hours	
3	3 hours	
4	4 hours	
5	5 hours	
6	5 to 6 hours	
7	6 to 7 hours	
8	7 to 8 hours	

9	8 hours	
10	8 to 9 hours	
11	9 hours	
12	9 to 10 hours	
13	10 hours	
14	10 to 11 hours	
15	All day or all night (for 11 to 12 hours)	
16	All day or all night (for 12 hours)	
17	12 to 15 hours	
18	12 to 15 hours	
19	15 to 18 hours	
20	15 to 18 hours	
21	18 to 22 hours	

Checking your skin

Initially, you should check your skin for pressure areas every 30 to 60 minutes or so – you will have to take off the brace to do this, you should be able to look at your front easily enough but you may need help to check the skin on your back. Once you are more used to the brace, you should check your skin every time you take off the brace.

- The spinal brace may make faint red marks on your skin, in the same way your trouser waistband may leave a mark. These marks should fade within 20 to 30 minutes of taking off the brace.
- The brace should not hurt, cause blisters or broken skin or sore areas – if any of these happen, stop using the brace and contact the Orthotics team as soon as possible.

Caring for the brace

- Clean the jacket with a damp cloth and soapy water, then leave to air dry – away from any heat sources such as a radiator or in direct sunlight.
- If the jacket breaks or the straps become worn, contact your orthotist immediately as it can take up to four weeks to make a new jacket.

Everyday life with the brace

- You should wear the brace as instructed above but take it off when you have a shower or bath and make sure your skin is completely dry before you put it back on. We also recommend removing it for PE, exercise, swimming or sports.
- You should be able to wear your usual clothes over the top of the brace but you might find looser styles more comfortable and easier to put on and take off.
- Wearing a brace can make your tummy and back muscles a bit 'lazy' as the brace is doing a lot of the work. We suggest increasing the amount of activity you do to maintain a strong core. Recommended activities include swimming, yoga/Pilates, gymnastics, martial arts or dance.