

Healthcare Professional Brace Set-Up

Your TechnoSpine Brace has been customised by your healthcare professional during the initial brace fitting to address the most significant postural imbalance associated with your scoliosis. This customisation process has taken into account your clinical history, pain profile, posture and x-ray information if available. Your specific clinical, postural and radiological data at the time of fitting will also have been used by your healthcare professional to optimise its efficiency, for your specific scoliosis/posture type.

The rehabilitative nature of the TechnoSpine Brace frequently leads to changes in posture requiring brace readjustment within the first 2-4 weeks of use. Certain adjustments may be carried out yourself; others may require a further visit to your healthcare professional. Specific areas of brace self adjustment are covered in more detail in these instructions.

Your TechnoSpine Brace will also have been adjusted to your size. In the event of significant weight fluctuation the brace may need refitting by your healthcare professional, minor fluctuations should easily be accommodated using the drawstring adjustment.



BRACE POSITION Important Notice!

Unlike regular spinal braces the TechnoSpine TLSO-SCOLIOSIS BRACE must be fitted low down on the hips. The trochanter pads will be more or less level with the base of a firm chair when sitting. Sitting on low, soft seating will frequently cause the brace to 'ride up', losing efficacy in controlling side shift.

Frequently sitting on low, soft seated furniture should be avoided as much as possible. If significant brace migration does occur, it should be repositioned as soon as possible to restore efficient brace correction.

When the spine is very stiff and/or side shift of your trunk is large there may be a tendency for the posterior upright of your brace to lean to one side, or cause one trochanter pad to rise higher on one side than the other.

Such movement, unless very large, will not significantly impact upon the efficiency of your brace.



Care & Washing Instructions

Washing of TechnoSpine

The TechnoSpine Brace can be hand washed in warm soapy water either as a complete brace or by separating the component parts. If you decide to separate any of the component parts, ie: front sections of the Lumbar Sacral Belt, plastic superstructure liner, or Lateral Pad; please make sure that you replace them back in their original position after washing. **Only use mild detergent. Do not use bleach or harsh chemicals. Do not machine wash.**

Drying of TechnoSpine

Dry with a towel and leave to dry completely in a warm room before re-using. **Do not dry in a machine, over a heater/radiator, or in extreme and direct sunlight.**

Care of TechnoSpine

When not in use please close the entire Velcro hook and loop closures to prevent the attraction of fluff and lint.

Recommended Wearing Guidelines

- Temporary pain relief or postural support:
No minimum, worn on an as needed basis
- Medium to long term pain relief, postural support/improvement:
6-12 hrs, minimum 3-6 months then gradual reduction to "as needed" wear, during increased activities, recreation, sports, work etc.
- Severe Pain/High Scoliotic progression risk:
Full day use (8-16 hr) wear
Minimum 24 months, could become permanent treatment

Adverse Reaction Information

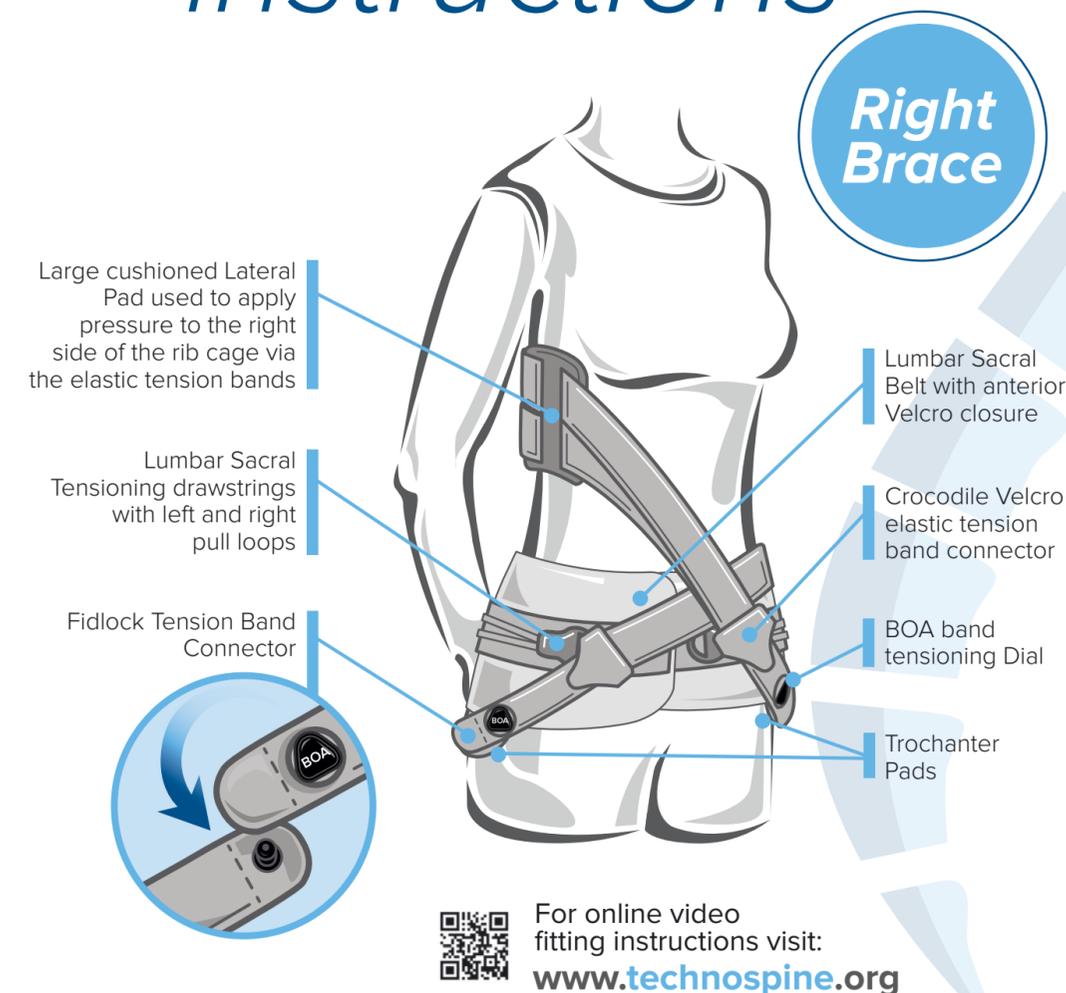
It is possible your brace is comfortable when initially fitted by your healthcare professional but with time causes increasing pain. It is also possible that you may experience back pain in a different place or referred pain in the legs or buttocks.

In all cases of increased pain or change in pain pattern immediately stop using the brace and consult your brace providing healthcare professional for advice.

You may initially experience some superficial skin irritation after wearing your brace for several hours for the first time; this will normally improve with time and is rarely serious. If, however, there is persistent skin irritation, increasing redness of the skin or skin breakdown **immediately stop using the brace and consult your brace providing healthcare professional for advice.**

You may experience paresthesia (burning, numbness, tingling or prickling). If this occurs **immediately stop using the brace and consult your brace providing healthcare professional for advice.**

Patient fitting instructions



TECHNO SPINE
TLSO-SCOLIOSIS BRACE

Manufactured by:

THE **SPINE CORPORATION**
LIMITED

Millennium House, Foxwood Road,
Chesterfield, Derbyshire S41 9RF. United Kingdom.
www.technospine.org

U.S. & International Patents Pending

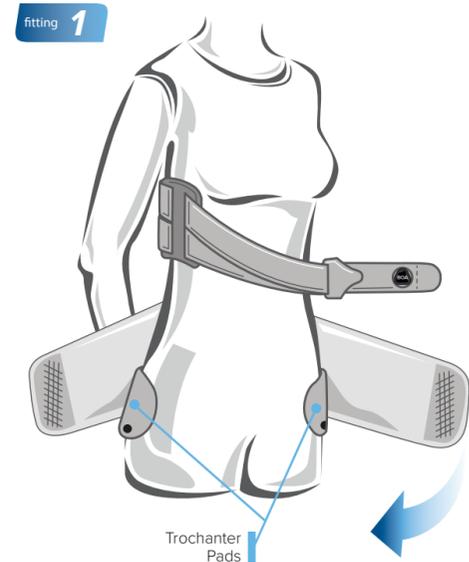


For help, advice &
online videos visit:
www.technospine.org

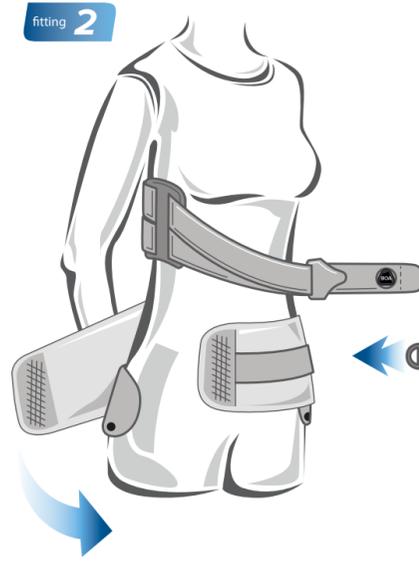
TECHNO SPINE
TLSO-SCOLIOSIS BRACE

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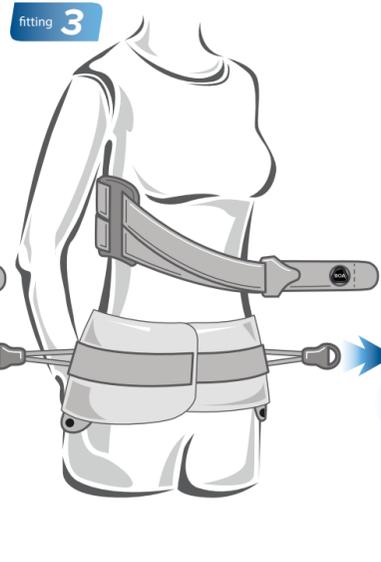
Right Brace
Step-by-step
fitting instructions...



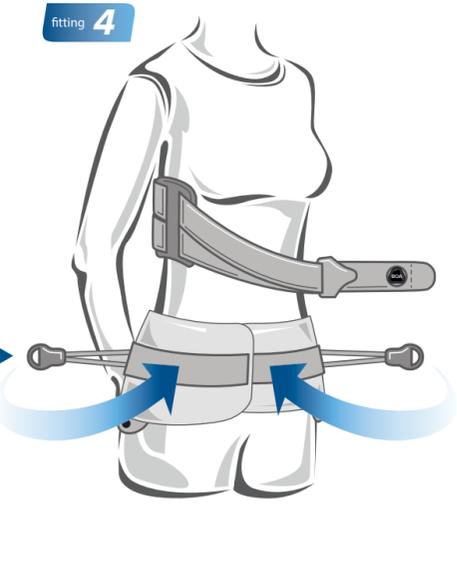
- Position the Trochanter Pads at lower part of the hip, level with the groin.
- First, wrap one side of the Lumbar Sacral Belt over the abdomen.



- Second, wrap the other side of the Lumbar Sacral Belt over the abdomen and close the Velcro hook and loop patches over one another to close the belt around the body.



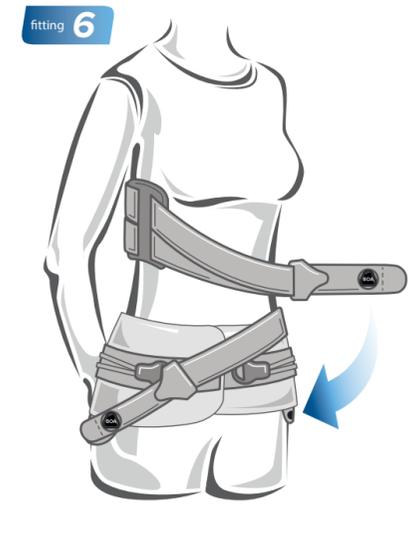
- Simultaneously pull both drawstring pull loops to tension the Lumbar Sacral Belt around the body and securely hold the plastic superstructure in place.



- Fasten both pull loops onto the horizontal Velcro strips at the front of the Lumbar Sacral Belt.



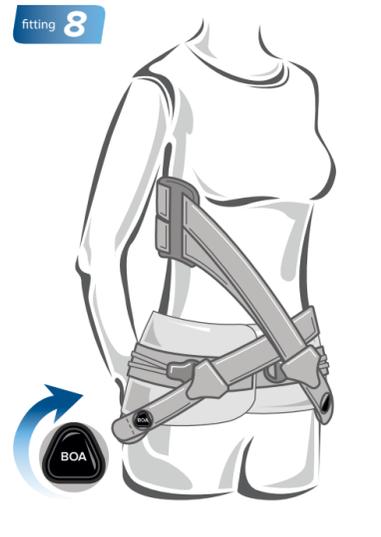
- Pull the Single Tension Band from the back plastic upright around the back, across the abdomen and connect to the Fidlock fastener on the right side of the brace.



- Pull the Double Tension Bands from the front of the Lateral Pad, across the abdomen and connect the Fidlock fastener on the left side of the brace.



- Both Tension Bands secured with Fidlocks over the Trochanters.



- First, tension the Single Tension Band (Right side of the brace) by turning the BOA Dial clockwise.



- Finally, tension the Double Tension Band on the left side of the brace to apply pressure to the Lateral Pad by turning the BOA Dial clockwise.

Patient Brace Self Adjustment
Post Healthcare Professional Fitting

Fitting the Lumbar Sacral Belt

Minor adjustment in fit may be achieved by regulating the tension placed upon the drawstring pull loops before securing to the body of the Lumbar Sacral Belt.

Major adjustment in fit may be achieved by removing the left and right anterior/lateral sections of the Lumbar Sacral Belt from the posterior drawstring segment and repositioning, to either increase or decrease the overall circumference of the Lumbar Sacral Belt.

Position of the Lateral Pad

The Lateral Pad will have been set in the most appropriate position at the time of initial fitting by your healthcare professional. The pad, however, can move and the posture can change over time, repositioning of the pad is therefore often required. The pad should relatively easily slide along the elastic tension bands. In some cases your healthcare professional may have fixed the pad position on the elastic tension bands. If this is the case and the pad position is not comfortable as fitted, you should seek advice from your healthcare professional before attempting to change the pad position.

The Lateral Pad, as the name implies, will be fitted laterally to the side of the chest, however, certain posture types may favour the pad being more anterior lateral and others more posterior lateral. The ideal position for your posture can only be determined by your healthcare professional.

Lateral Pad Force

The magnitude of force applied by the Lateral Pad can be varied significantly. Your healthcare professional will already have set the tension band lengths to allow a reasonable range of adjustment using the BOA tensioning dials. (Each BOA tensioning dial allow up to 120mm of adjustment).

The BOA dial connected to the double tension band directly adjusts the force applied by the Lateral Pad. It is, however, important to adjust the opposite BOA dial by the same amount **before** applying additional force to the Lateral Pad.

You may vary force on the Lateral Pad at different times of the day, dependent on activity, meal times etc.

You should always set the Lateral Pad force to comfort. During walking or periods of greater activity you may find greater

force on the Lateral Pad is necessary to control your pain. When sitting or during periods of relative inactivity, or when your pain is less significant, reducing the force on the Lateral Pad may be more comfortable!

After using the brace for several weeks or months you may find that due to changes in your posture you are no longer able to adjust the BOA dials sufficiently to apply the level of force you need. **If this occurs you should consult with your healthcare professional for their assistance in resetting the tension bands.**

Inflatable Lumbar Pad

The inflatable pad, housed within the liner of the plastic superstructure, can be used to improve the lordosis (forward curvature) of your lumbar (lower) spine. Using the finger pump provided, with the direction of air flow into the tubing, the Lumbar Pad can be inflated to different sizes depending upon comfort or as instructed by your healthcare professional. The Lumbar Pad can easily be deflated by attaching and pumping the pump in the reverse direction, with the air flow out of the tubing.

