



# Jewett Brace

## Thoracic/Lumbar Orthosis

The Jewett is a rigid brace that provides support for the thoracic and lumbar spine by preventing flexion (forward movement) and rotation (sideways movement). You have been prescribed Jewett Brace by your Spinal Doctor to manage your back injury.



### Who will fit your brace

- Your Jewett brace will be fitted by an Orthotist from Royal Perth Hospital. Once you start to mobilise adjustments may need to be made
- **Only allow qualified people to adjust your brace. Please contact the Orthotist or competent Nurse or Physiotherapist to make any further adjustments**

### When to wear your brace

- Most people wear the brace for eight to twelve weeks
- At your Outpatient follow up appointment your Spinal Doctor will tell you how long to wear your brace for. An x-ray may be necessary before you are able to stop wearing the brace

### The Jewett Brace is to be worn

Anytime you are *upright* i.e when having a shower, sitting, walking, in the car

### The Jewett brace **does not** need to be worn

- When lying down flat on a bed or couch (pillow allowed if desired)
- At night time/when sleeping as long as you are flat in bed (please note you are allowed to lie on your side so long as the bed is flat)



## To Remove the Brace (After a shower)



- Place a towel down on the bed and lie flat on your back. Have a second towel ready to use nearby
- Unclip the large white clip on your left side
- Release the key hole clip on the right side



- Roll onto your right side and pull out the back piece
- Roll back onto your back – you can now take the whole brace away
- Towel dry the brace

## To put the brace back on

- Ensure your skin is dry and you have a t-shirt or singlet on
- Place the brace onto the front of your chest
- Roll onto your right side and place the back piece into the centre of your back
- Roll back onto your back
- If needed you can roll onto your left side to pull through the strap
- Replace the key hole clip on the right side
- To finish close the lock on your left side

## Activities to avoid while wearing your brace

- Driving a motor vehicle
- Physical sports and running – avoid any jarring or high impact activities
- At risk activities including riding a bicycle or skateboarding
- Heavy lifting, pushing or manual work
- Check with your Spinal Doctor before resuming any of these activities
- Be careful around small pets and children. Keep your environment free of obstacles such as mats, cords and rugs that you may trip over

## Additional Information

- Always wear thin fitted clothing underneath the brace
- Wear loose, easy fitting clothes over your brace
- If required the white plastic can be cleaned with soap and water then dried with a towel
- Wear comfortable practical shoes (avoid thongs, high heels or shoes that have a slippery sole)



- *Check your skin daily* for any areas of redness or irritation. Should your skin become red or blistered please contact the Orthotics Department on the number below for an urgent review

## Any Further Questions/Contact numbers

Before you leave hospital please ask your Nurse, Spinal Doctor, Physiotherapist or Orthotist should you have any further enquiries or questions

After your discharge from Royal Perth Hospital all brace inquiries should be directed to **South Metropolitan Orthotics Department Phone: 6152 7450.**