

# ***ALJAN CO.***

2008 Fish Hatchery Rd

Madison, WI 53713

(608) 257-4256 (800) 903-5409

## **JEWETT/CASH HYPEREXTENSION ORTHOSIS**

### ABOUT YOUR HYPEREXTENSION ORTHOSIS

1. Your brace is designed to prevent you from bending forward, or “spinal flexion”. It will still allow you to bend from the hips, so you will be able to sit down when wearing your orthosis, but will not be able to flex your hips more than 90 degrees.
2. The brace functions by placing three points of pressure against your body: one force against your sternum, or chest; a second force against your pubic bone, or lower abdomen; and a third force in the middle of your back. The device must be very tight to provide the necessary pressure to prevent flexion, and protect your spine.
3. It is best to sit on a firm surface with adequate back support when wearing your device. Your knees should not be higher than your hips when sitting, the seat and back support should be firm, and the chair should have armrests. Armrests will assist you to sit and stand, as well as support yourself while sitting. Placing a pillow behind your back will aide in keeping you straight, and comfortable.
4. Avoid leaning into the brace. This will create excess pressure against your sternum, possibly causing skin breakdown. The brace is designed to prevent spinal flexion, so sitting and standing very straight will reduce pressure at the sternum.
5. Since most people are not accustomed to sitting and standing with the erect posture the brace enforces, your back muscles may become fatigued. If this is the case, lie down and remove the brace to rest your back. You should not be out of bed without your brace unless your physician authorizes you to do so. This is very important if you have just had back surgery, or are using the device to treat a spinal fracture.
6. You may be required to shower or bathe in your orthosis. If this is the case, wrap any padded areas, as well as the strap with plastic wrap or bags to prevent water from seeping into the device. The metal or plastic parts may be dried with a towel if they become wet. If water does get into the device, place a dry towel between the damp area and your skin until the brace dries.
7. Always wear your device over a T-shirt or undershirt, never next to your skin. Also keep skin clean and dry under the orthosis, and avoid using lotions or creams under the brace, as this will soften skin and make it more susceptible to irritation. Loose fitting outer clothing may be worn over the device, if desired.
8. Clean the device by wiping with a damp cloth, or antibacterial wipes as needed.

## WEARING AND USE OF YOUR BRACE

1. Always follow your physician's guidelines regarding wearing time. If none are given, your practitioner will provide you with a schedule.
2. It is best to don and doff the brace lying down. This helps to prevent bending and twisting as you get out of bed. This is particularly important if you have just had surgery, or are using the orthosis to treat a spinal fracture. It may be necessary to have assistance when applying the brace initially.
3. To put the brace on, place the front of the brace over your body, then roll to your side, and place the closure strap behind your back. Roll to your back and fasten the side closure. When correctly positioned, the top of the brace should be ½"-1", or approximately two finger widths, below your sternal notch (the indentation at the base of your throat). The orthosis should never press into your throat.
4. It is necessary to wear the brace as tight as possible to maintain the level of support necessary to manage your condition.
5. If you experience any sharp pains, skin breakdown, blisters, or rashes from your orthosis, call immediately for an adjustment.

**An appointment is required to make changes or adjustments to your device.  
Staff is available for emergency needs on weekends and holidays from  
8:00 AM to 6:00 PM. Call the number below for instructions on how to page  
the practitioner on call.**

**Please call if you have any problems with or questions about your device.  
Report any changes in your health or physical condition which may affect the fit or  
function of your device, such as changes in weight or volume, muscle strength, or  
recent surgeries.**

**(608) 257-4256**