



**head to foot orthotics**

## High Spinal Orthosis



This brochure is intended as a source of information for patients, their family and friends. Questions are welcome, so please contact your Orthotist on the contact number provided.

### What is a High Spinal Orthosis for?

Your High Spinal Orthosis (HSO) has been fitted to control the alignment and reduce the movement of your mid and lower spine. This may be required following surgery, a fracture, dislocation or ligament injury to the spine. *Orthosis* is another name for an orthopaedic brace.

### Putting On

- It should be applied in lying down unless the Doctor requests otherwise.
- Always wear a firm fitting shirt or singlet under the HSO.
- Looking from behind, the lower (pelvic) band should sit at the top of your bottom. Ask your Orthotist to demonstrate this.
- The point of the upper band should sit just below your shoulder blades.
- Attach the 2 shoulder straps and tighten them firmly to stop the brace falling down.
- Fasten the chest strap (if you have one) firmly, it connects to the upper band and not to the abdominal, front pad.
- Fasten the 3 straps that attach to abdominal pad firmly, beginning at the bottom.

## Wearing Problems

- HSO riding up when sitting → Check you are placing the brace low enough when putting it on. If this persists contact your Orthotist.
- Brace digging into your back → Check you have the HSO positioned correctly (see picture on cover). If this persists contact your Orthotist. Don't grind, cut or bend the HSO.
- Straps too long or short → If you gain or lose weight the straps on your HSO may need some adjustment. Contact your Orthotist to have these adjusted.

## When to wear

The HSO is to be worn at all times when you are out of bed, unless otherwise directed by your Doctor or Orthotist.

The HSO is not to be worn for showers as it shouldn't get wet (a shower brace is available – please discuss with your Orthotist).

The HSO is designed to prevent movement of your spine. It is recommended that you assist the HSO in preventing movement by not performing any activities that involve twisting or bending of your back.

A medical specialist will advise you when it is safe to remove the HSO. This advice will be given at one of your medical follow up appointments.

## Individual client notes




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## Further Details

Please contact if you have questions or require an appointment.



**(03) 9870 2284**



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