



# 9870 2284

Please call if you have any questions or require an appointment

Individual Client Notes

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## head to foot orthotics

**COSTS AND INVOICING**

The service provided today will incur a cost. These will have been discussed with you if they are not covered by the hospital or a 3<sup>rd</sup> party funding body like TAC or Work cover.

An invoice will be sent to the address provided at the consultation. Payment details can be found on the invoice.

*Please call if you are having trouble paying the invoice.*



**It is important that you attend any review appointments. If you are having any problems with your Orthosis, we may be able to fix it at your appointment.**



Quality  
ISO 9001

SAI GLOBAL

# High Spinal Orthosis

You have been fitted with a High Spinal Orthosis. Correct use is important for the best result and your safety. Please note your orthosis is for **your use only**.

### **HOW TO PUT ON YOUR HIGH SPINAL ORTHOSIS (HSO)**

It is important that you put your HSO on correctly. Your HSO should be put on when lying down unless your Doctor has approved otherwise. You may need someone to assist put you HSO on.

1. Place the brace behind the your back. You will need to log roll to do this when lying down.
2. The lower band should sit at the top of your bottom.
3. The upper band should sit just below your shoulder blades.
4. If you have a chest strap, fasten firmly.
5. Fasten the straps firmly, below starting at the top of your abdominal pad and working your way down.
6. You may need to re-tighten the straps prior to walking.

### **PROBLEMS?**

Check your skin regularly. If you feel that your HSO is:

- Causing discomfort, redness or skin breakdown
- Broken or damaged
- Worn Out

Please contact the Head to Foot Orthotics as soon as possible to discuss the situation.



### **WEARING YOUR HIGH SPINAL ORTHOSIS**

It may take some time to get used to wearing your High spinal Orthosis (HSO). The HSO is designed to prevent some movements of your spine.

- ✓ **Do** wear a singlet or t-shirt under your HSO
- ✓ **Do** check the position of the brace sits low around your hips and the abdominal pad sits under your bust.
- ✓ **Do** contact HTFO if you have a change in weight that affects how you can do up your straps on your HSO.
- ✓ **Do** check your skin regularly.
- ✗ **Do Not** wear un-prescribed bandages, dressings or padding with your HSO.
- ✗ **Do Not** make any changes to your HSO.
- ✗ **Do Not** wear your HSO in the shower or water

### **CLEANING**

- ✓ **Do** Sponge bath, lying flat without your HSO in place.
- ✓ **Do** check your HSO for signs of loosening or damage and ensure Velcro straps are lint free.
- ✗ **Do Not** apply direct heat to any part of your HSO
- ✗ **Do Not** place your HSO in the washing machine or dishwasher.

**Contact Head To Foot Orthotics immediately** if you notice redness, broken skin or increase discomfort