



Government of **Western Australia**
South Metropolitan Health Service
Fiona Stanley Fremantle Hospitals Group



Spinal bracing

A resource for health service providers



This document advises health service providers how to don and doff commonly used spinal braces. It also includes advice for patients on how to don and doff braces independently.

Instructions when printing information for patients

- Print off key points for patients (Page 3)
- Print off relevant sections as per page numbers
- Print off final page – Resources and additional information (Page 44)

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Spinal bracing

Key points for patients

- An orthotist will fit your spinal brace at the request of your spinal doctor. Only allow qualified people to adjust your brace – do not adjust your brace yourself.
- Follow your spinal doctor's instructions on how long to wear your brace and the types of activities you can participate in while wearing it.
- Most people are required to wear their brace between six to twelve weeks. At your outpatient follow-up appointment your spinal doctor will advise when you may stop wearing your brace. A follow up x-ray may be necessary before you are able to stop wearing your brace.
- If possible, practise donning (putting on) and doffing (taking off) your brace with your physiotherapist and nurse prior to discharge.
- Wear one layer of clothes beneath your brace for thoracic braces (preferably a t-shirt with no seams) and loose, easy fitting clothes over your brace.
- Wear comfortable, well-fitting and practical shoes (no thongs, high heels or shoes that have a slippery sole).
- Check your skin for any redness or blistered areas and protect these areas. Report any skin problems or any other problem to your GP.
- To clean a removable brace, sponge with soap and water to remove sweat and dirt.
- Common activities to **avoid** whilst wearing your brace include (but are not limited to):
 - bending, twisting or turning of your body – these are the movements your brace is trying to stop you doing
 - driving a vehicle (this is a legal requirement)
 - physical sports or running
 - heavy lifting or manual work (requires medical clearance).
 - **Check with your spinal doctor when you may resume 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 as falls may be a risk.

If you have any further questions, please ask your spinal doctor, nurse, physiotherapist or orthotist.

This publication is provided for education and information purposes only. Information about therapy, service, product or treatment does not imply endorsement and is not intended to replace advice from your healthcare professional. Readers should note that over time currency and completeness of the information may change.

Notes

Contact

State Rehabilitation Service

Fiona Stanley Hospital
11 Robin Warren Drive, Murdoch WA 6150
Phone Helpdesk: **6152 2222**
www.fsh.health.wa.gov.au

- **FSH Orthotics Department – 6152 7450**
- **Ward 1A Spinal Injury Unit – 6152 7280**

This document can be made available in alternative formats on request.

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Philadelphia Collar

– independent donning/doffing

The Philadelphia Collar is a hard collar that provides immobilisation and support to the cervical spine, allowing for healing in optimal alignment. It functions to prevent rotation (twisting), lateral flexion (side bending), flexion (bending forward) and extension (bending backwards).

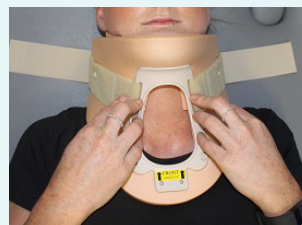
Independent donning of a Philadelphia Collar

- Depending on spinal orders, this brace can be donned whilst lying on your back (without pillow and with or without neck hold) or occasionally in sitting (requires medical clearance). The front piece is labelled 'front' and back piece labelled 'back'.
- Position so that the text is upright and readable.

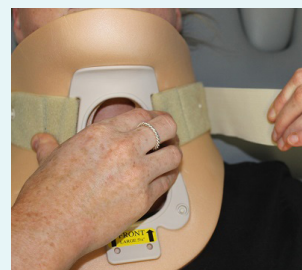
1. Lay the back piece flat on the bed, widen the edges and slide it under the base of the neck and position so that it is centred. Do not lift or move your head. Instead, slide the back piece under the arch of the neck by pushing down into the bed.



2. Place the front panel on, making sure the top of the collar sits under the chin and supports the jawbone. Your chin should not slip down into the collar.



3. Close the collar with the velcro strips on both sides, one at a time.



4. The collar should be firm so that your head is limited in turning and bending. Make sure that the brace looks and feels symmetrical.



Independent doffing of a Philadelphia Collar

- ▀ Depending on spinal orders, this can be doffed whilst lying on your back (with or without a neck hold) or sitting (requires medical clearance).
- ▀ Undo velcro strips.
- ▀ Remove front piece of collar.
- ▀ Remove back piece of collar.
- ▀ If lying down, do this by flattening the edges of the collar and push down into the bed and gently **slide** the back piece out from under the neck.
- ▀ Avoid moving your neck whilst doing this.

Long Philadelphia Collar

The long Philadelphia Collar is designed to give support to the cervical and upper thoracic spine and will assist in restricting rotation (twisting), flexion (bending forwards) and extension (bending backwards). This allows the vertebrae of the spine to be immobilised in the one position to allow the injury to heal.

This particular brace is not used commonly anymore, however if it is used, we recommend that you liaise with your orthotist about this brace.

Short Aspen Collar

– independent donning/doffing

The Aspen collar is a two-piece collar that is designed to provide support to the cervical spine and will limit flexion (bending forward) and extension (bending backwards). This allows the vertebrae of the spine to be immobilised in one position to allow the injury to heal.

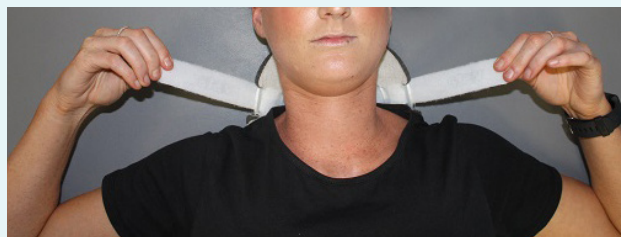
Independent donning of Short Aspen Collar

- ▀ Lay on your back without a pillow.
- ▀ Keep your head and neck still whilst putting the brace on. Focus on the ceiling.
- ▀ Make sure the brace is orientated the correct way. White side of pads to the skin.
- ▀ Position so that the text on the collar is upright and readable.

1. Place the back panel beside your head. Slide the back panel under your neck by pushing the edges of the brace down into the mattress (so you are not lifting your head).



2. Ensure the back panel is in the middle of your neck.



3. Place the front panel on, making sure the top of the collar sits under your chin and supports your jawbone. Your chin should not slip down into the collar.



The sides of the front panel are positioned inside the back panel.



4. Hold firmly in place with one hand and secure the velcro firmly in place.



5. Repeat on the other side.



6. The straps should come to the same position on each side and be centred between the ear and top of your shoulder.



Independent doffing of Short Aspen Collar

- ▀ Lay on your back without a pillow.
- ▀ Keep your head and neck still whilst taking the brace off.
- ▀ Undo the two velcro side straps.
- ▀ Remove the front panel.
- ▀ Slide the back panel out by pushing the sides of the brace down into the bed (so you are not lifting your head) and slide the brace out to the side.

Note: post-showering, you can now exchange the inner pads by matching one for one. The pads have a shiny side and dull side. The dull side attaches to the plastic and no plastic should be touching your skin. Pat dry the straps with a towel. Remember you must keep your head completely still whilst exchanging pads.

Short Aspen Collar

– assisted donning/doffing

The Aspen collar is a two-piece collar that is designed to provide support to the cervical spine and will limit flexion (bending forward) and extension (bending backwards). This allows the vertebrae of the spine to be immobilised in one position to allow the injury to heal.

Assisted donning of Short Aspen Collar

- Patient to lay on their back without a pillow (with or without neck hold).
- Instruct patient to keep their head and neck still whilst putting the brace on.
- Position so that the text on the collar is upright and readable.

1. Position the back panel beside their head. Slide the back panel under their neck by pushing the edges of the brace down into the mattress (so they are not lifting their head).



2. Ensure the back panel is in the middle of the patient's neck.



3. Place the front panel on, making sure the top of the collar sits under the patient's chin and supports their jawbone. Their chin should not slip down into the collar. The sides of the front panel are positioned inside the back panel.



4. Hold firmly in place with one hand and secure the velcro firmly in place.



5. Repeat on the other side.



6. The straps should come to the same position on each side and be centred between the ear and top of the patients shoulder.



Assisted doffing of Short Aspen Collar

- ▶ Patient to lay on their back without a pillow (with or without neck hold).
- ▶ Instruct patient to keep their head and neck still whilst taking the brace off.
- ▶ Undo the two velcro side straps.
- ▶ Remove the front panel.
- ▶ Slide the back panel out by pushing the sides of the brace down into the bed (so they are not lifting their head) and slide the brace out to the side.

Note: post-showering, you can now exchange the inner pads by matching one for one. The pads have a shiny side and dull side. The dull side attaches to the plastic and no plastic should be touching the patient's skin. Pat dry the straps with a towel. Remember you must keep your head completely still whilst exchanging pads.

Short Miami J

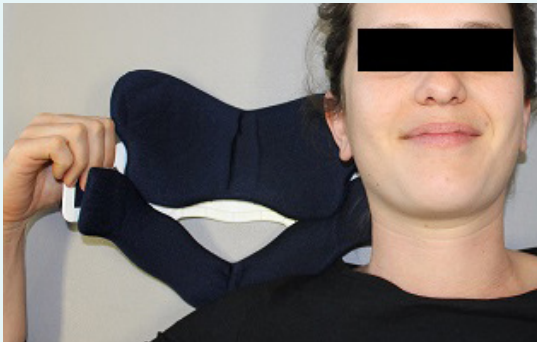
– independent donning/doffing

The Miami J collar is a two-piece collar that is designed to provide support to the cervical spine and will limit flexion (bending forward) and extension (bending backwards). This allows the vertebrae of the spine to be immobilised in one position to allow the injury to heal.

Independent Donning of Short Miami J

- Lay on your back without a pillow.
- Keep your head and neck still whilst putting the brace on.
- The front piece is labelled 'front' and the back piece labelled 'back'.
- Position so that the text on the collar is upright and readable.

1. Slide the back panel partially under your neck by pushing the edges of the brace down into the mattress (so you are not lifting your head). Gently reach under your neck from the opposite side to feel for the brace.



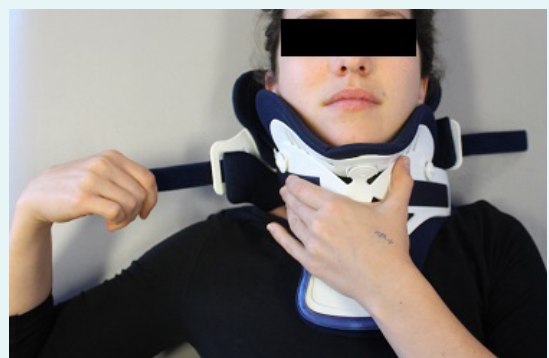
3. Place the front panel on. **Spread** the collar wide and **scoop** under the chin, making sure the top of the collar sits under your chin and supports your jawbone. Your chin should not slip down into the collar.



2. Ensure the back panel is in the middle of your neck.



4. The sides of the front panel are positioned inside the back panel.



5. **Swing** the sides up to meet velcro from the back. Hold firmly in place with one hand and secure the velcro firmly in place.



6. Repeat on the other side. The velcro should be laid parallel one on top of the other, not angled at all. This can be further adjusted in sitting with feet flat on the floor and holding the front piece in place, doing one side at a time in front of a mirror.



Independent doffing of Short Miami J

- Lay on your back without a pillow.
- Keep your head and neck still whilst taking the brace off.
- Undo the two velcro side straps.
- Remove the front panel.
- Slide the back panel out by pushing the sides of the brace down into the bed (so you are not lifting your head) and slide the brace out to the side.

Note: post-showering, you can now exchange the inner pads by matching one for one. The pads have a shiny side and dull side. The dull side attaches to the plastic and no plastic should be touching your skin. Pat dry the straps with a towel.

Remember you must keep your head completely still whilst exchanging pads.

Short Miami J

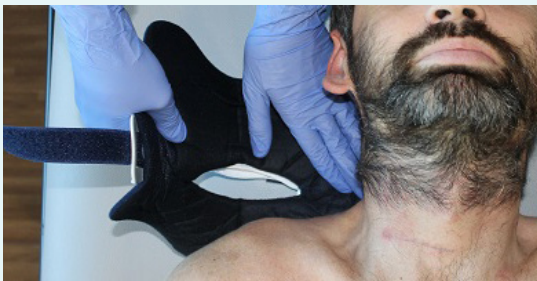
– assisted donning/doffing

The Miami J collar is a two-piece collar that is designed to provide support to the cervical spine and will limit flexion (bending forward) and extension (bending backwards). This allows the vertebrae of the spine to be immobilised in one position to allow the injury to heal.

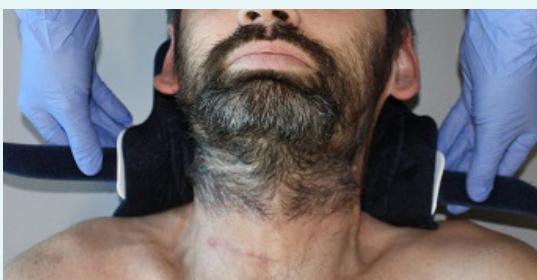
Assisted donning of Short Miami J

- Patient to lay on their back without a pillow (with or without neck hold).
- Instruct patient to keep their head and neck still whilst putting the brace on.
- The front piece is labelled 'front' and the back piece labelled 'back'.
- Position so that the text on the collar is upright and readable.

1. Position the back panel beside their head. Slide the back panel under their neck by pushing the edges of the brace down into the mattress (so they are not lifting their head).



2. Ensure the back panel is in the middle of the patient's neck.



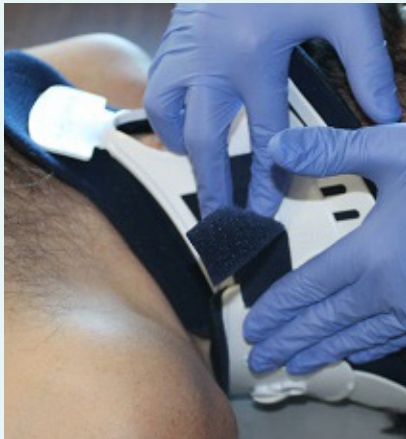
3. Place the front panel on. **Spread** the collar wide and **scoop** under the chin, making sure the top of the collar sits under the chin and supports the jawbone. The chin should not slip down into the collar.



4. **Swing** the sides up to meet velcro from the back. Hold firmly in place with one hand and secure the velcro firmly in place.



5. Repeat on the other side. The velcro should be laid parallel one on top of the other, not angled at all. This can be further adjusted in sitting with feet flat on the floor and holding the front piece in place, doing one side at a time in front of a mirror.



6. The straps should come to the same position on each side and be centred between the ear and top of the patient's shoulder.



Assisted doffing of Short Miami J

- Patient to lay on their back without a pillow (with or without neck hold).
- Instruct patient to keep their head and neck still whilst taking the brace off.
- Undo the two velcro side straps.
- Remove the front panel.
- Slide the back panel out by pushing the sides of the brace down into the bed (so they are not lifting their head) and slide the brace out to the side.

Note: post-showering, you can now exchange the inner pads by matching one for one. The pads have a shiny side and dull side. The dull side attaches to the plastic and no plastic should be touching the patient's skin. Pat dry the straps with a towel. Remember you must keep your head completely still whilst exchanging pads.

Long Aspen – independent donning/doffing – method 1

The Long Aspen collar is designed to give support to the cervical spine and upper thoracic area and will limit rotation (twisting), flexion (bending forward) and extension (bending backward) movements of this area. This allows the vertebrae to be immobilised in one position to allow the injury to heal

Independent donning of Long Aspen Collar

- Lay on your back with a pillow.
- Keep your head and neck still whilst putting the brace on.
- Identify the front and back panels – denoted by the words 'Front' and 'Back'.
- Position so that the text on the collar is upright and readable.

1. With one lower clip connected (as per picture below), place the front panel on, making sure the top of the collar sits under your chin and supports your jawbone. Your chin should not slip down into the collar.



2. Hold the front panel firmly in place as you roll onto your side. The back panel will fall into place as you roll, it should lie along your spine. Do this without moving your head or neck.



3. Roll back onto your back. Adjust the side straps so that you are not lying on them.

4. Hold front panel in place with one hand and secure the velcro firmly in place. **Note:** the sides of the front panel are positioned inside the back panel.



6. Secure the remaining lower clips on the front of the brace.



5. Repeat on the other side.



7. The straps should come to the same position on each side and be centred between the ear and top of your shoulder, with the lower section centred and secured firmly around the torso.

Independent doffing of Long Aspen Collar

- Lay on your back with a pillow.
- Keep your head and neck still whilst taking the brace off.
- Unclip the lower buckle on one side of the brace.
- Undo the two velcro side straps but hold the panel in place.
- Roll onto your side.
- Remove the back panel.
- Roll back onto your back.
- Remove the front panel.

Note: post-showering, you can now exchange the inner pads by matching one for one. The pads have a shiny side and dull side. The dull side attaches to the plastic and no plastic should be touching your skin. Pat dry the straps with a towel. Remember you must keep your head completely still whilst exchanging pads.

Long Aspen – independent donning/doffing – method 2

The Long Aspen collar is designed to give support to the cervical spine and upper thoracic area and will limit rotation (twisting), flexion (bending forward) and extension (bending backward) movements of this area. This allows the vertebrae to be immobilised in one position to allow the injury to heal

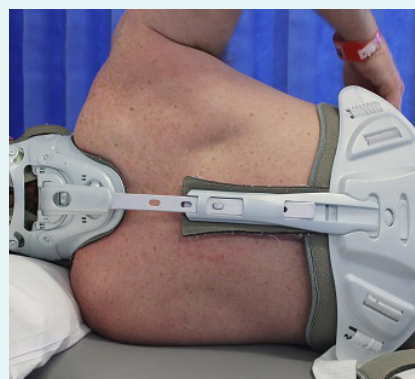
Independent donning of Long Aspen Collar

- Lay on your back with a pillow.
- Keep your head and neck still whilst putting the brace on.
- Identify the front and back panels - denoted by the words 'Front' and 'Back'.
- Position so that the text on the collar is upright and readable.

1. Place the front panel on, making sure the top of the collar sits under your chin and supports your jawbone. Your chin should not slip down into the collar.



2. Hold the front panel firmly in place as you roll onto your side. Place the back panel along your spine. Do this without moving your head or neck.



3. Roll back onto your back. Adjust the side straps so that you are not lying on them.

4. Hold front panel in place with one hand and secure the velcro firmly in place. **Note:** the sides of the front panel are positioned inside the back panel.



5. Repeat on the other side.



6. Secure the two clips on the front of the brace.



7. The straps should come to the same position on each side and be centred between the ear and top of your shoulder, with the lower section centred and secured firmly around the torso.



Independent doffing of Long Aspen Collar

- Lay on your back with a pillow.
- Keep your head and neck still whilst taking the brace off.
- Unclip the two buckles on the torso.
- Undo the two velcro side straps but hold the panel in place.
- Roll onto your side.
- Remove the back panel.
- Roll back onto your back.
- Remove the front panel.

Note: post-showering, you can now exchange the inner pads by matching one for one. The pads have a shiny side and dull side. The dull side attaches to the plastic and no plastic should be touching your skin. Pat dry the straps with a towel. Remember you must keep your head completely still whilst exchanging pads.

Long Aspen – assisted donning/doffing

The Long Aspen collar is designed to give support to the cervical spine and upper thoracic area and will limit rotation (twisting), flexion (bending forward) and extension (bending backwards) movements of the cervical spine. This allows the vertebrae to be immobilised in one position to allow the injury to heal.

Assisted donning of Long Aspen Collar

- Patient to lay on their back without a pillow (with or without neck hold).
- Instruct patient to keep their head and neck still whilst putting the brace on.
- Identify the front and back panels - denoted by the words 'Front' and 'Back'.
- Position so that the text on the collar is upright and readable.

1. Roll patient onto their side. Place the back panel behind patient.



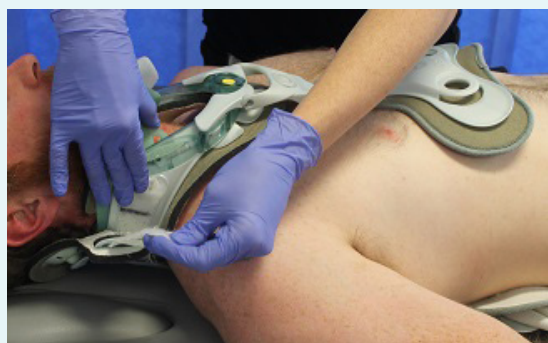
2. Position the back panel centrally with the spine and roll the patient back onto their back.



3. Place the front panel on, making sure the top of the collar sits under their chin and supports the jawbone. Their chin should not slip down into the collar.



4. Hold front panel in place with one hand and secure the velcro firmly in place.
Note: the sides of the front panel are positioned inside the back panel.



5. Repeat on the other side.



6. Secure the two clips on the front of the brace.



7. The straps should come to the same position on each side and be centred between the ear and top of the patient's shoulder and the lower section centred and secured firmly around the torso.



Assisted doffing of Long Aspen Collar

- Lay patient on their back without a pillow (with or without neck hold).
- Keep their head and neck still whilst taking the brace off.
- Unclip the two buckles on the torso.
- Undo the two velcro side straps but hold the panel in place.
- Roll patient onto their side.
- Remove the back panel.
- Roll patient back onto their back.
- Remove the front panel.

Note: post-showering, you can now exchange the inner pads by matching one for one. The pads have a shiny side and dull side. The dull side attaches to the plastic and no plastic should be touching the patient's skin. Pat dry the straps with a towel. Remember the patient must keep their head completely still whilst exchanging pads.

Long Miami J – independent donning/doffing – method 1

The Long Miami J collar is designed to give support to the cervical spine and upper thoracic area and will limit rotation (twisting), flexion (bending forward) and extension (bending backward) movements of this area. This allows the vertebrae to be immobilised in one position to allow the injury to heal.

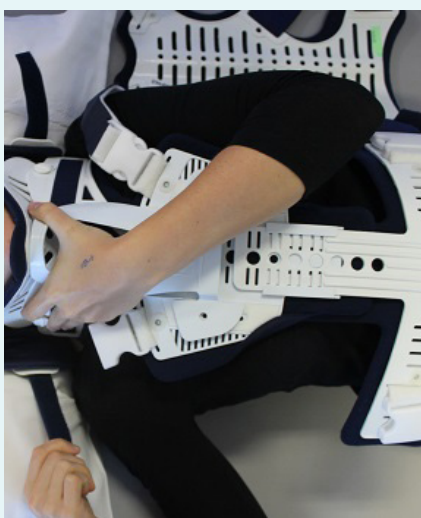
Independent donning of Long Miami J Collar

- Lay on your back with a pillow.
- Keep your head and neck still whilst putting the brace on, focus on the ceiling.
- Identify the front and back panels.
- Position so that the text on the collar is upright and readable.

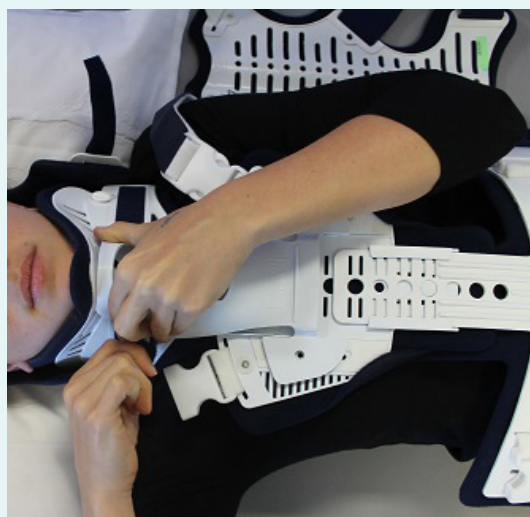
1. Place the back panel beside your head. Slide the back panel under your neck by pushing the edges of the brace down into the mattress (so you are not lifting your head).



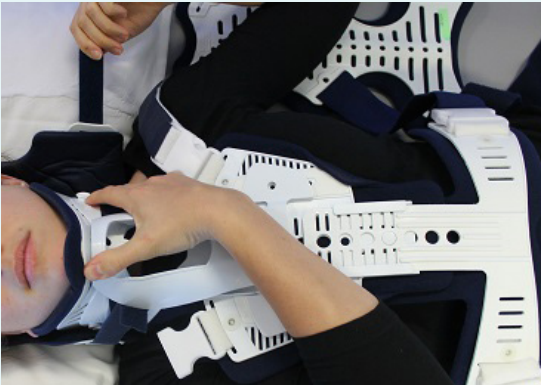
2. Place the front panel on your chest, threading your arm between the top and lower buckles which are connected (as per image below). **Spread** the collar wide and **scoop** under the chin, making sure the top of the collar sits under your chin and supports your jawbone. Your chin should not slip down into the collar.



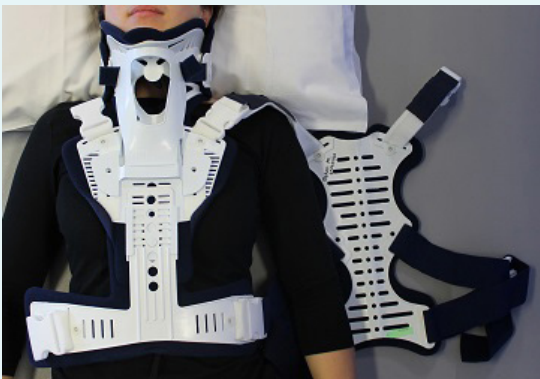
3. **Swing** the sides up to meet velcro from the back. Hold firmly in place with one hand and secure the velcro firmly in place. **Note:** the sides of the front panel are positioned inside the back panel.



4. Repeat on the other side. The velcro should be laid parallel one on top of the other, not angled at all. This can be further adjusted in sitting with feet flat on the floor and holding the front piece in place, doing one side at a time in front of a mirror.



5. With the cervical brace secure you may now roll onto your side. As you do, the back panel will fall into place, it should lie along your spine.



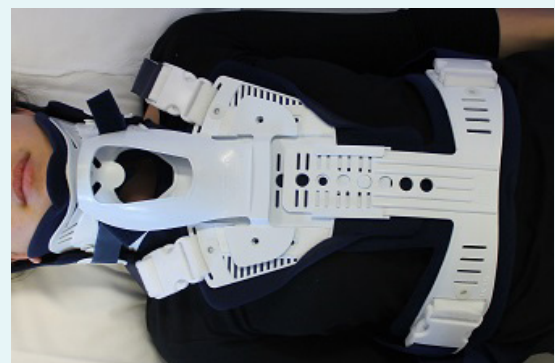
6. Roll back onto your back. Adjust the side straps so that you are not lying on them.
7. Secure the clip at the bottom of the brace.



8. Secure the clip at the top of the brace.



9. The straps should come to the same position on each side and be centred between the ear and top of your shoulder, with the lower section centred and secured firmly around the torso.



Independent doffing of Long Miami J Collar

- ▀ Lay on your back with a pillow.
- ▀ Keep your head and neck still whilst taking the brace off.
- ▀ Unclip the two buckles on one side.
- ▀ Roll onto your side.
- ▀ Remove the back panel.
- ▀ Roll onto your back.
- ▀ Undo the two velcro side straps.
- ▀ Remove the front panel.
- ▀ Slide the back panel out by pushing the sides of the brace down into the bed (so you are not lifting your head) and slide the brace out to the side.

Note: post-showering, you can now exchange the inner pads by matching one for one. The pads have a shiny side and dull side. The dull side attaches to the plastic and no plastic should be touching your skin. Pat dry the straps with a towel. Remember you must keep your head completely still whilst exchanging pads.

[illegible]

Long Miami J – independent donning/doffing – method 2

The Long Miami J collar is designed to give support to the cervical spine and upper thoracic area and will limit rotation (twisting), flexion (bending forward) and extension (bending backward) movements of this area. This allows the vertebrae to be immobilised in one position to allow the injury to heal.

Independent donning of Long Miami J

- Lay on your back with a pillow.
- Keep your head and neck still whilst putting the brace on, focus on the ceiling.
- Identify the front and back panels.
- Position so that the text on the collar is upright and readable.

1. Place the back panel beside your head. Slide the back panel under your neck by pushing the edges of the brace down into the mattress (so you are not lifting your head).



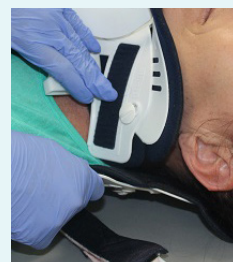
2. **Spread** the collar wide and **scoop** under the chin, making sure the top of the collar sits under your chin and supports your jawbone. Your chin should not slip down into the collar.



3. **Swing** the sides up to meet velcro from the back. Hold firmly in place with one hand and secure the velcro firmly in place.



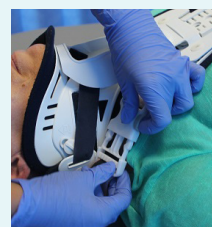
4. **Repeat** on the other side. The velcro should be laid parallel one on top of the other, not angled at all. This can be further adjusted in sitting with feet flat on the floor and holding the front piece in place, doing one side at a time in front of a mirror. **Note:** the sides of the front panel are positioned inside the back panel.



5. Roll onto your side and position the back panel.



6. Roll back onto your back and ensure the straps are out to the side.
7. Secure clip at the top of the brace.
8. Repeat on the other side.



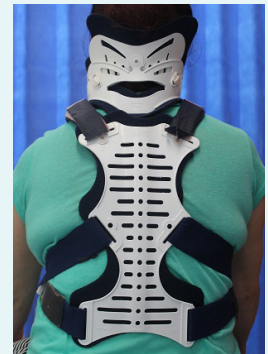
9. Secure clip at the bottom of the brace.



10. Repeat on the other side.



11. The straps should come to the same position on each side and be centred between the ear and top of the shoulder and the lower section centred and secured firmly around the torso.



Independent doffing of Long Miami J Collar

- Lay on your back with a pillow.
- Keep your head and neck still whilst taking the brace off.
- Unclip the four buckles on the torso.
- Roll onto your side.
- Remove the back panel.
- Roll onto your back.
- Undo the two velcro side straps.
- Remove the front panel.
- Slide the back panel out by pushing the sides of the brace down into the bed (so you are not lifting your head) and slide the brace out to the side.

Note: post-showering, you can now exchange the inner pads by matching one for one. The pads have a shiny side and dull side. The dull side attaches to the plastic and no plastic should be touching your skin. Pat dry the straps with a towel. Remember you must keep your head completely still whilst exchanging pads.

Long Miami J

– assisted donning/doffing

The Long Miami J collar is designed to give support to the cervical spine and upper thoracic area and will limit rotation (twisting), flexion (bending forward) and extension (bending backward) movements of this area. This allows the vertebrae to be immobilised in one position to allow the injury to heal.

Assisted donning of Long Miami J

- Patient to lay on their back without a pillow (with or without neck hold).
- Instruct patient to keep their head and neck still whilst putting the brace on.
- Identify the front and back panels.
- Position so that the text on the collar is upright and readable.
- You will need two people to assist with this technique if patient requires a neck hold.

1. Roll patient onto their side (with neck hold) to position the back panel.



2. Roll patient back onto their back.

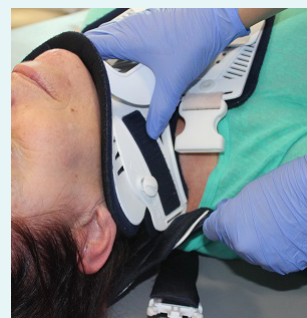
3. Place the rear neck panel beside the patient's head. Slide the panel under their neck by pushing the edges of the brace down into the mattress (so they are not lifting their head).



4. Place the front panel on. **Spread** the collar wide and **scoop** under the chin, making sure the top of the collar sits under patient's chin and supports the jawbone. Patient's chin should not slip down into the collar.



5. **Swing** the sides up to meet velcro from the back. Hold firmly in place with one hand and secure the velcro firmly in place. **Note:** the sides of the front panel are positioned inside the back panel.



6. Repeat on the other side. The velcro should be laid parallel one on top of the other, not angled at all. This can be further adjusted in sitting with feet flat on the floor and holding the front piece in place, doing one side at a time in front of a mirror.



7. Secure clip at the top of the brace.



8. Repeat on the other side.

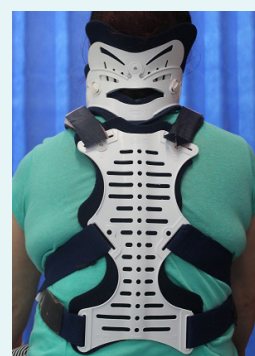
9. Secure clip at the bottom of the brace.



10. Repeat on the other side.



11. The straps should come to the same position on each side and be centred between the ear and top of the patient's shoulder and the lower section centred and secured firmly around the torso.



Assisted doffing of Long Miami J Collar

- Patient to lay on their back.
- Instruct patient to keep their head and neck still whilst taking the brace off.
- Unclip the four buckles on the torso.
- Roll patient onto their side (with or without neck hold).
- Remove the back panel.
- Roll the patient onto their back.
- Undo the two velcro side straps.
- Remove the front panel.
- Slide the back panel out by pushing the sides of the brace down into the bed (so they are not lifting their head) and slide the brace out to the side.

Note: post-showering, you can now exchange the inner pads by matching one for one. The pads have a shiny side and dull side. The dull side attaches to the plastic and no plastic should be touching the patient's skin. Pat dry the straps with a towel. Remember you must keep your head completely still whilst exchanging pads.

Jewett Brace – independent donning/doffing

This is a three-point pressure system which allows some extension (bending backward) of the spine but prevents flexion (bending forward). It is made of a metal frame anteriorly which is adjustable with padding in the sternal, supra-pubic and mid-thoracic areas. It provides support to the thoracic and lumbar spine.

Independent donning of Jewett Brace

- Depending on your spinal consultant, the brace may be applied in either lying or sitting (requires medical clearance). Typically it is donned/doffed whilst lying.
- Lay on your back.
- Keep your back straight and still whilst putting the brace on/off.
- Jewett braces are not designed to be worn for long periods whilst lying down due to possibility of developing pressure areas.
- It is advisable to wear a thin, cotton shirt under your brace to prevent rubbing.

1. Open the brace up and place it on your chest, with the back panel lying out to the side.



2. Logroll onto the opposite side to the panel.



3. Reach behind you and position the back panel against your spine.



4. Gently tuck the tab in under to make it easier to locate when you roll back.



5. Roll back onto your back.

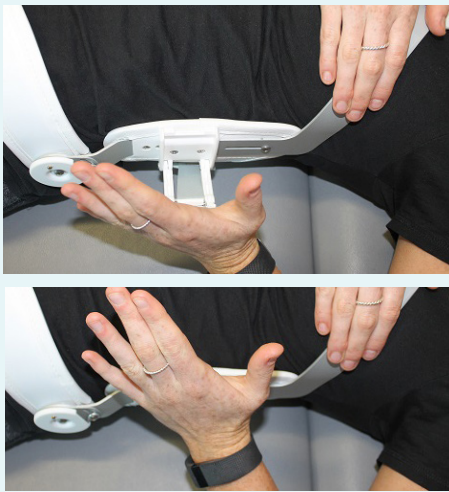
6. Gently push down on the brace with one hand, whilst you pull the tab out to the side, sliding it along the mattress and then position to secure it.



7. Slide the key hole clip onto the screw to secure.



8. Close the tension lever on the opposite side, ensuring you push on it firmly until you hear it click shut. Reposition back pad on strap if pinching occurs.



9. The brace should sit approximately two finger widths below the collarbone and firmly over the pelvis. In sitting, the brace can be gently rotated on the clothing to centre if needed. Likewise the back pad may need to be re-centred on the strap.



Independent doffing of Jewett Brace

- Lay on your back.
- Keep your back straight and still whilst taking the brace off.
- Unclip the buckle on the side of your torso.
- Pull the tab up toward the ceiling and then out to the side of your torso. Hold the brace down with your other hand whilst doing this.
- Logroll onto your side.
- Slide the back panel out of the way.
- Logroll back onto your back.
- Remove the brace.

Note: it is advisable to shower of an evening prior to going to bed as this will allow the brace to dry overnight.

Jewett Brace – assisted donning/doffing

This is a three-point pressure system which allows some extension (bending backward) of the spine but prevents flexion (bending forward). It is made of a metal frame anteriorly which is adjustable with padding in the sternal, supra-pubic and mid-thoracic areas. It provides support to the thoracic and lumbar spine.

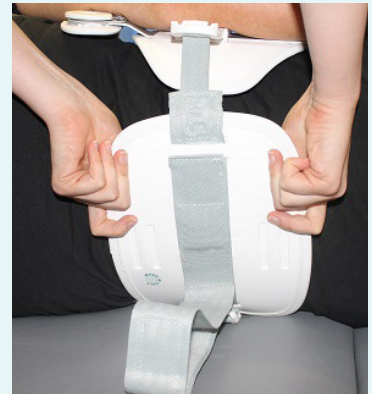
Assisted donning of Jewett Brace

- ▀ Depending on the spinal consultant, the brace may be applied in either lying or sitting (requires medical clearance). Typically it is donned/doffed whilst lying.
- ▀ Patient to lay on their back.
- ▀ Instruct the patient to keep their back straight and still whilst putting the brace on/off.
- ▀ Jewett braces are not designed to be worn for long periods whilst lying down due to possibility of developing pressure areas.
- ▀ It is advisable to wear a thin, cotton shirt under the brace to prevent rubbing.

1. Open the brace up and place it on the patient's chest, with the back panel lying out to their side.



3. Position the back panel against their spine. Gently tuck the tab in under to make it easier to locate when the patient rolls back.



2. Logroll patient onto the opposite side to the panel.



4. Logroll the patient back onto their back.

5. Pull the tab through and line up the screw.



6. Gently push down on the brace with one hand, whilst you secure the key hole clip into position.



7. Close the tension lever, ensuring you push on it firmly until you hear it click shut. Watch the patient carefully for signs of skin being pinched. If this occurs, then gently reposition the back pad on the centre strap if needed.



8. The brace should sit approximately two finger widths below the collarbone and firmly over the pelvis.



9. In sitting, the brace can be gently rotated on the clothing to centre if needed. Likewise the back pad may need to be re-centred on the strap.

Assisted doffing of Jewett Brace

- ▶ Patient to lay on their back.
- ▶ Instruct the patient to keep their back straight and still whilst taking the brace off.
- ▶ Unclip the tension lever on the side of their torso.
- ▶ Pull the tab up toward the ceiling and out to the side of their torso.
- ▶ Logroll patient onto their side.
- ▶ Slide the back panel out of the way.
- ▶ Logroll patient back onto their back.
- ▶ Remove the brace.

Note: it is advisable to shower the patient of an evening prior to them going to bed as this will allow the brace to dry overnight. Alternatively, use a hair dryer to dry the pads.

Moulded Polyjacket – independent donning/doffing

This rigid brace is designed to give support to the thoracic and lumbar spine. It will prevent rotation (twisting), flexion (bending forward) and extension (bending backward) movements of the spine. This brace allows for the spine to be immobilised in an optimal position to allow for the injury to heal.

Independent donning of Moulded Polyjacket

- Depending on your spinal consultant, the brace may be applied in either lying or sitting (medical clearance required). This brace is typically donned/doffed whilst lying.
- Keep your back straight and still whilst putting the brace on/off.
- Polyjackets are not designed to be worn for long periods whilst lying down due to possibility of developing pressure areas.
- It is advisable to wear a thin, well-fitted cotton shirt without seams under your brace to prevent rubbing.

1. Lay on your back.
2. Log roll onto your side.
3. Position the brace over the side of your torso.



4. Slide the lower side of the brace underneath your trunk. Do not lift your body or twist.

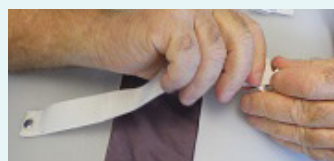


5. Log roll back onto your back and gently adjust position of brace so that it is sitting in the middle of your body (equal parts on left and right).



6. Make sure the bottom of the brace is sitting appropriately over the hip bones. Pull it down as necessary.

7. Fasten all straps, starting from the bottom. Do them up loosely initially and then re-fasten them firmly (from bottom to top) so the jacket is snug. Click the clasp shut firmly once velcro secured.



Independent doffing of Moulded Polyjacket

- Undo all clips and velcro at the front.
- Roll onto your side.
- Feed the bottom side of the brace backwards underneath you.
- Remove brace.
- Keep velcro folded back on themselves to maintain when not being worn.

Note: It is advisable to shower of an evening prior to going to bed as this will allow the brace to dry overnight.

Notes

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Moulded Polyjacket – assisted donning/doffing

This rigid brace is designed to give support to the thoracic and lumbar spine. It will prevent rotation (twisting), flexion (bending forward) and extension (bending backward) movements of the spine. This brace allows for the spine to be immobilised in an optimal position to allow for the injury to heal.

Assisted donning of Moulded Polyjacket

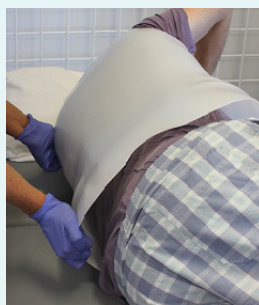
- Depending on the spinal consultant, the brace may be applied in either lying or sitting (requires medical clearance). It is typically donned/doffed whilst lying.
- Instruct patient to keep their back straight and still whilst putting the brace on/off.
- Polyjackets are not designed to be worn for long periods whilst lying down due to possibility of developing pressure areas.
- It is advisable for the patient to wear a thin, well-fitted cotton shirt without seams under the brace to prevent rubbing.

1. Lay patient on their back.
2. Log roll patient onto their side.

3. Position the brace over the side of their torso.



4. Slide the lower side of the brace underneath their trunk on a 45 degree angle towards the axilla, gradually inserting it under their bottom. Do not lift their body or twist.



5. Log roll patient back onto their back and gently adjust position of brace so that it is sitting in the middle of their body (equal parts on left and right).



6. Make sure the bottom of the brace is sitting appropriately over the hip bones. Waist indentation above/close to the iliac crest.

7. Fasten all straps, starting from the bottom. Do them up loosely initially and then re-fasten them firmly (bottom to top) so the jacket is snug. Click the clasp shut firmly once velcro secured.



Assisted doffing of Moulded Polyjacket

- Undo all clips and velcro at the front.
- Logroll the patient onto their side.
- Feed the bottom side of the brace backwards underneath the patient, down and out on a 45 degree angle.
- Remove brace.
- Keep velcro folded back on themselves to maintain when not being worn.

Note: it is advisable to shower the patient of an evening prior to going to bed as this will allow the brace to dry overnight.

Notes

[illegible]

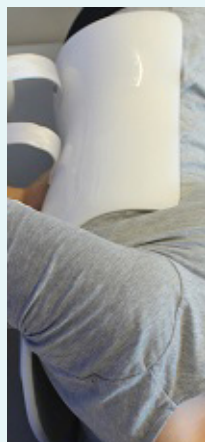
Bi-valve Polyjacket – independent donning/doffing – method 1

This rigid brace is designed to give support to the thoracic and lumbar spine. It will prevent rotation (twisting), flexion (bending forward) and extension (bending backward) movements of the spine. This brace allows for the spine to be immobilised in an optimal position to allow for the injury to heal.

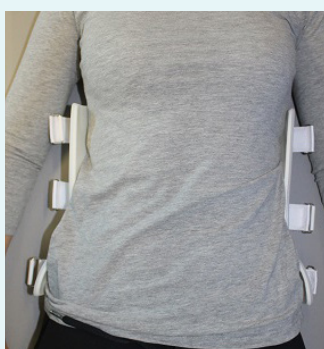
Independent donning of Bi-valve Polyjacket

- Depending on your spinal consultant, the brace may be applied in either lying or sitting (medical clearance required). It is typically donned/doffed whilst lying.
- Keep your back straight and still whilst putting the brace on/off.
- Polyjackets are not designed to be worn for long periods whilst lying down due to possibility of developing pressure areas.
- It is advisable to wear a thin, well-fitted cotton shirt without seams under your brace to prevent rubbing.

1. Lay on your back.
2. Log roll onto your side.
3. Position the back panel of the brace over spine.



4. Log roll back onto your back and gently adjust position of brace so that it is sitting in the middle of your body (equal parts on left and right).



5. Place the front panel of the brace over your torso. Make sure the bottom of the brace is sitting appropriately over the hip bones. Pull it down as necessary.



6. Fasten all straps on one side, starting from the bottom. Do them up loosely initially and then re-fasten them firmly (from bottom to top) so the jacket is snug.



7. Repeat on the other side.



- Undo all velcro.
- Remove the front panel.
- Roll onto you side.
- Remove the back panel.
- Roll back onto your back.
- Keep velcro folded back on themselves to maintain when not being worn.

Note: it is advisable to shower of an evening prior to going to bed as this will allow the brace to dry overnight.

Notes

[illegible]

Bi-valve Polyjacket – independent donning/doffing – method 2

This rigid brace is designed to give support to the thoracic and lumbar spine. It will prevent rotation (twisting), flexion (bending forward) and extension (bending backward) movements of the spine. This brace allows for the spine to be immobilised in an optimal position to allow for the injury to heal.

Independent donning of Bi-valve Polyjacket

- Depending on your spinal consultant, the brace may be applied in either lying or sitting (medical clearance required). It is typically donned/doffed whilst lying.
- Keep your back straight and still whilst putting the brace on/off.
- Polyjackets are not designed to be worn for long periods whilst lying down due to possibility of developing pressure areas.
- It is advisable to wear a thin, well-fitted cotton shirt without seams under your brace to prevent rubbing.

1. Lay on your back. Leave one side of the brace connected.
2. Log roll onto your side opposite to that of the connected side.
3. Position the back panel of the brace over spine.



4. Log roll back onto your back and gently adjust position of brace so that it is sitting in the middle of your body (equal parts on left and right).



5. Fold the front panel of the brace over your torso. Make sure the bottom of the brace is sitting appropriately over the hip bones. Pull it down as necessary.



6. Fasten all straps on the open side, starting from the bottom. Do them up loosely initially and then re-fasten them firmly (from bottom to top) so the jacket is snug.



7. Re-tighten the straps on the other side.

Independent doffing of Bivalve Polyjacket

- Undo the velcro on one side and flip out to the opposite side.
- Roll onto the open side.
- Remove the polyjacket.
- Roll back onto your back.
- Keep velcro folded back on themselves to maintain when not being worn.

Note: it is advisable to shower of an evening prior to going to bed as this will allow the brace to dry overnight.

Notes

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Bi-valve Polyjacket – assisted donning/doffing

This rigid brace is designed to give support to the thoracic and lumbar spine. It will prevent rotation (twisting), flexion (bending forward) and extension (bending backward) movements of the spine. This brace allows for the spine to be immobilised in an optimal position to allow for the injury to heal.

Assisted donning of Bi-valve Polyjacket

- Depending on the spinal consultant, the brace may be applied in either lying or sitting. It is typically donned/doffed whilst lying.
- Instruct patient to keep their back straight and still whilst putting the brace on/off.
- Polyjackets are not designed to be worn for long periods whilst lying down due to possibility of developing pressure areas.
- It is advisable the patient wear a thin, well-fitted cotton shirt without seams under the brace to prevent rubbing.

1. Lay patient on their back.
2. Log roll patient onto their side.
3. Position the back panel of the brace over spine.



4. Log roll the patient back onto their back and gently adjust position of brace so that it is sitting in the middle of their body (equal parts on left and right).



5. Place the front panel over their torso. Make sure the bottom of the brace is sitting appropriately over the hip bones. Waist indentation above/close to the iliac crest.



6. Fasten all straps, starting from the bottom. Do them up loosely initially and then re-fasten them firmly (bottom to top) so the jacket is snug.



7. Repeat on the other side.



Assisted doffing of Bi-valve Polyjacket

- Undo all velcro at the front.
- Remove the front panel.
- Log roll the patient onto their side.
- Remove the back panel.
- Log roll the patient back onto their back.
- Keep velcro folded back on themselves to maintain when not being worn.

Note: it is advisable to shower the patient of an evening prior to going to bed as this will allow the brace to dry overnight.

Notes

[illegible]

Abdominal Binder

The Abdominal Binder is designed to give support to the lumbar spine and abdomen muscles. The binder will aid in reducing rotation (twisting), flexion (bending forward) and extension (bending backward), however it is designed for support, not immobilisation.

Most commonly, this binder is used in people with tetraplegia or higher level paraplegia whereby the trunk / abdominal muscles have either reduced or absent innervation. The binder not only acts as a corset to support the abdominal contents and abdominal muscles to assist with respiratory function, talking and coughing, but it also acts to provide support to the cardiovascular system and assists in preventing low blood pressure when you are upright/mobilising.

Independent donning Abdominal Binder

- Identify the inside and outside of the binder (the tag is usually on the inside and at the top).
- If you are unable to complete this task independently due to limited mobility or hand dexterity, then instruct someone to assist you with the following steps.
- Note:** it is advised to shower in the evening to allow your abdominal binder to dry overnight.

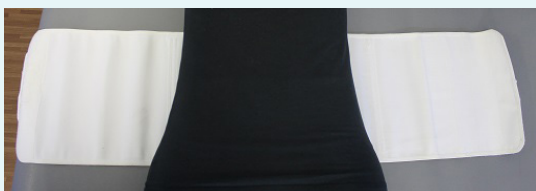
1. Roll half of the binder and tuck the rolled up half underneath your lower back.



2. Roll onto your side and feed the rest of the binder through underneath you.



3. Roll back onto your back and check that the binder is central.



4. Do up the velcro firmly around your stomach.



5. Make sure it is sitting low and bottom edge is at the level of the hip bones. Should be done up **firmly**.



Resources and additional information

Contacts

- FSH Orthotics Department – 6152 7450
- Ward 1A Spinal Injury Unit – 6152 7280

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Notes
