

Hyperextension Orthosis

Care and Use Instructions

INTRODUCTION

1. This type of anterior control orthosis and other similar types such as, CASH, Mother's Hug, B.O.S.S. are designed to keep you from bending (flexing) in the thoracic spine area. It will still allow you to bend at your hips, and stretch out backwards.
2. The orthosis works by pushing on your sternum and pubic bone in the front and, the middle of your back with a back strap.

FITTING

Always wear a T-shirt or similar type undergarment under the orthosis. An undergarment provides a barrier between the skin and the orthosis as well as helping absorb perspiration.

NOTE: Cotton, cotton/poly-blend or silk T-shirts are suggested for undergarments. Cotton is comfortable and breathable, but it absorbs and retains water. Silk or poly-blends help pass moisture away from your body. Ask your orthotist for a recommendation.

1. To put the orthosis on, lie on your back while positioning the orthosis over your body with the small pad (marked "top") about an inch-and-a-half down from the top of your sternum (breast bone). The upper pad (marked "bottom") will then lie about this same distance above the pubic bone. Tuck the large pad under your side, then "log roll" over onto this pad.
2. Reach behind and position this pad across your back. Be sure that the Velcro strap is not twisted. Then roll back onto your back over the pad, and fasten the strap

NOTE: If you are permitted to stand without the orthosis on, it may be easier for you to apply the orthosis while you are in the standing position.



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WEARING GUIDELINES & PRECAUTIONS

1. The orthosis should be worn as snug as possible. Snug pads keep your back straight (in the desired arched position) thus giving better support. It will also keep the orthosis from shifting on the body. Remember “Tight is Right” as a general rule of thumb in wearing this orthosis.
2. The orthosis may be worn while lying on your back, but it is designed primarily for use only when sitting or standing. Lying on your side or stomach with the orthosis on are not recommended.
3. Follow your orthotists recommended wearing schedule.
4. One of the most common complaints of these orthoses is pressure on the sternum. A simple way to relieve some of the pressure is to place two pads or washcloths, one on each end of the sternal pad. This acts to bridge the sternal bone and push on the chest muscles.
5. If you have any questions or problems, do not hesitate to call your orthotist for advice.

NOTE: Weight gain or loss may possibly change the design and manufacture of the orthosis/prosthesis delivered. Please contact the practitioner if this occurs to prevent potential injury.



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