

Jewett TLSO

Patient Information Guide

You have been fitted with a Jewett TLSO brace. This brace acts as support for your spine and the correct fitting is an important part of your recovery.

Video instruction

<https://vimeo.com/showcase/6773122>



How to use your brace

1. Lay flat on your back, place the Jewett brace centrally over your torso.
2. Position the chest pad 2 finger widths below the notch at the bottom of your throat.
3. Roll onto your side keeping your back straight.
4. Position the back pad centrally on your back, pulling the strap out from underneath you.
5. Rolling onto your back reposition the brace centrally on your chest.
6. Hook the strap onto the screw knob on the right side. Then fasten clip on the left side by closing the lever clip.



Open latch



Closed latch

You must wear your Jewett brace whenever you are out of bed.

It must be put on **BEFORE** you get up, ie when lying flat.

The brace is designed to keep your posture ok while getting out of bed and sitting.

Hygiene

- If wearing the brace in the shower, make sure to dry it before putting it on again.
 - You need to lie down to take it off for drying
- Wipe the Jewett brace down with soapy water or disinfectant wipes.
- We recommend wearing a cotton t-shirt or singlet underneath the Jewett brace.

Checking your skin

- Your skin needs to be checked daily for skin irritation, broken skin or reddened areas.
- Contact your orthotist immediately with any skin issues.

Things to remember

- Your Jewett brace does not need to be worn for extended periods in bed, unless advised by a doctor.
- Things to avoid:
 - Lifting objects heavier than 2-3kg
 - Sitting in low or deep couches
 - Adding un-prescribed bandages or dressings
 - Exercise or sport
 - Driving a motor vehicle unless advised by a doctor

Issues

- Please contact the RBWH Orthotic and Prosthetic Department if:
 - Your Jewett brace is broken or worn out
 - Causing discomfort or skin irritation
- Do not adjust your brace.

Contact Details

Orthotics and Prosthetic Department
Level 2, Dr James Mayne Building
Royal Brisbane and Women's Hospital
Butterfield St, HERSTON QLD 4029
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