

Jewett Orthosis Use and Care Instructions

How to Use Your Jewett Orthosis:

- This orthosis is designed to keep you from bending (flexing) in the thoracic spine area. It will still allow you to bend at your hips, and hyperextend your back, just not bend forward.
- The orthosis works by pushing on your sternum and pubic bone in the front and the middle of your back with a back strap.
- The orthosis should be worn as snug as possible. This way the orthosis will keep your back its straightest, thus better support. It will also keep the orthosis from shifting on the body.
- This orthosis can get wet with no major problems. The back pad may hold a little bit of water, but it will be dry overnight. If not, a small towel between the pad and body will protect the back from moisture just fine.
- It is recommended to wear a T-shirt under the orthosis. It will help absorb perspiration and keep the plastic pads from sticking to the skin.
- One of the most common complaints of the Jewett is the pressure on the sternum. A simple way to relieve some of the pressure is to place two pads or washcloths, on each end of the sternal pad. This acts to bridge the sternal bone and push on the chest muscles.

Important Notes About Your Jewett Orthosis:

- A Jewett orthosis is a very specialized device. It is VERY important to keep all follow-up appointments made by your orthotist. Schedule an appointment at our office if any unexpected problems occur.

If you have any questions or concerns, please contact us at (877) 315-6118.