

HIGH TAYLOR BRACE

A Guide for Patients

 oapl.™



INTRODUCTION

This type of brace is designed to control the upper and lower regions of the spinal column. The brace is made of aluminium and lined with padded felt and leather.

A set of Velcro straps attached to an abdominal bib at the front of the brace secure it into position. A qualified orthotist will contour the aluminium frame to the shape of your spine and fit the bib and straps.

Applying with help from another person is done by the patient holding brace in correct position whilst the companion does up the Velcro straps.

Applying without help is best done by the patient positioning brace and then backing themselves up to a wall to hold brace whilst the Velcro straps are secured.



Consulting Orthotist

Clinic Attended

Date Attended

APPLICATION

Once your brace is fitted and is comfortable, your orthotist will mark all the straps so that each time you put the brace on it will be tightened to the correct position.

Choose one side of the brace that you will always use to open and close the Velcro straps. The other side remains untouched as a guide to how your chosen side should look when positioned correctly.

Begin With The Chest Strap



Then secure the three straps that attach to the abdominal bib, making sure the bib is low down on the stomach. If the bib is too high it will cut into the breasts.



The straps have been numbered and should be done up in sequence.



APPLICATION

Once all the straps are in place, check the position of the aluminium frame is low down over the pelvis almost touching the seat you are sitting on (about 3 finger widths between the seat and the bottom edge of the brace).



If the pelvic bands are not sitting flush with your ribs and hips and are digging in, your brace could be sitting too high or too low.

The two back uprights should align either side of the spinal column.

Finally, the shoulder straps need to be secured. These straps need to be done up firmly. If you are experiencing excessive pressure in your armpit, contact your orthotist.



WHEN TO WEAR

This brace is designed to support your spine whilst standing, sitting and walking.

Your spinal brace should not be worn to bed or in the shower. If your specialist requires you to wear the brace when in the shower, you will need to be fitted with a separate brace for showering.

Your specialist will decide the duration of time for wearing this brace.

GENERAL CARE

Wearing a cotton singlet or T-shirt under your brace will help keep the felt lining clean and make the brace as comfortable as possible against your skin. Regular changes of the singlet can help combat perspiration problems.

Your brace cannot be washed. If your brace becomes soiled, sponge clean with a damp cloth.

If any of the metal bands are digging in, do not try and modify the metal frame yourself. If you are uncomfortable, consult with your orthotist.

Do not place anything under your brace as it may create a pressure area.

CONTACT DETAILS

Fitzroy Clinic

93 - 97 Webb Street
Fitzroy VIC 3065
T: 03 9419 2499
F: 03 9416 3534
mainfacility@oapl.com.au

Box Hill Clinic

Epworth Eastern
Suite 5A, Level 2, Arnold Street
Box Hill VIC 3128
T: 03 9897 1374
F: 03 9783 6944

Bundoora Clinic

Northpark Private Hospital
Greenhills Road
Bundoora VIC 3083
T: 03 9467 1222

Canberra Clinic

Mobility Matters
35 Townsville Street
Fyshwick ACT 2609
T: 02 6280 7244
F: 02 6239 1281
oapl@mobilitymatters.com.au

Clayton Clinic

281 Clayton Road
Clayton VIC 3168
T: 03 9562 9422
F: 03 9562 9605
clayton@oapl.com.au

Footscray Clinic

55 Pickett Street
Footscray VIC 3011
T: 03 9687 4589
F: 03 9687 3961
footscray@oapl.com.au

Frankston Clinic

346 Nepean Highway
Frankston VIC 3199
T: 03 9783 3866
F: 03 9783 6944
frankston@oapl.com.au

Malvern Clinic

1489 Malvern Road,
Malvern VIC 3144
T: 03 9824 5874
F: 03 9824 8205
malvernclinic@oapl.com.au

Richmond Clinic

Epworth Centre
Level 7, Suite 5, 32 Erin Street
Richmond VIC 3121
T: 03 9421 6226
F: 03 9426 4321

Ringwood Clinic

86 Mt Dandenong Road
Ringwood VIC 3135
T: 03 9879 4299
F: 03 9870 9411
ringwood@oapl.com.au

Bendigo Clinic

Anne Caudle Centre
Barnard Street
Bendigo VIC 3550
T: 03 5454 8752
F: 03 5454 8756
oapl@bendigohealth.org.au

Main Facility and Administration

93-97 Webb Street

Fitzroy Victoria 3065

T: 03 9419 2499

F: 03 9416 3543

mainfacility@oapl.com.au

ACN 006 520 314

ABN 30 006 520 314

www.oapl.com.au

Version 1.09

OAPT0022

