



# YOUR HIGH TAYLOR BRACE GUIDE



ORTHOPAEDIC APPLIANCES PTY LTD  
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## NOTES

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## 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



### Geelong Clinic

454 LaTrobe Tce  
Geelong VIC 3220  
Tel: 03 5224 2286  
Fax: 03 5222 6338



### Richmond

Epworth Centre  
32 Erin St  
Richmond VIC 3121  
Tel: 03 9421 6226  
Fax: 03 9426 4321



### Bendigo Clinic

Anne Caudle Centre  
Barnard St  
Bendigo VIC 3550  
Tel: 03 5454 8752  
Fax: 03 5454 8756



**Ringwood Clinic**

86 Mt Dandenong Rd  
Ringwood VIC 3135  
Tel: 03 9879 4299  
Fax: 03 9870 9411



**Frankston Clinic**

346 Nepean Hwy  
Frankston VIC 3199  
Tel: 03 9783 3866  
Fax: 03 9783 6944



**Bundoora Clinic**

Northpark Hospital  
Greenhills Rd  
Bundoora VIC 3083  
Tel: 03 9467 1937



**Footscray Clinic**

55 Pickett Street  
Footscray VIC 3011  
Tel: 03 9687 4589  
Fax: 03 9687 3961



## 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.



## CONTACT NAMES AND NUMBERS

Orthotist: \_\_\_\_\_  
 \_\_\_\_\_

### Your OAPL Clinic

#### Fitzroy Clinic

93-97 Webb St  
 Fitzroy VIC 3065  
 Tel: 03 9419 2499  
 Fax: 03 9416 3543

#### Brighton Clinic

501 Nepean Hwy  
 Brighton VIC 3186  
 Tel: 03 9591 6226  
 Fax: 03 9591 6292

#### Clayton Clinic

281 Clayton Rd  
 Clayton VIC 3168  
 Tel: 03 9562 9422  
 Fax: 03 9562 9605

#### Malvern Clinic

1489 Malvern Rd  
 Malvern VIC 3144  
 Tel: 03 9824 5874  
 Fax: 03 9824 8205

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.



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 YOUR BRACE

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.