



YOUR LOW TAYLOR BRACE GUIDE



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Bundoora Clinic

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



Geelong Clinic

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



Bendigo Clinic

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



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.

**Footscray Clinic**

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

**Ringwood Clinic**

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

**Richmond Clinic**

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

**Frankston Clinic**

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

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



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.



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.

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.