

Using a Jewett Brace

Why do I need a Jewett Brace?

A Jewett Brace is used to keep your spine in proper position while it is healing from surgery or injury. It prevents you from bending forward. Your surgeon will tell you when to wear your brace during the day and how long you need to wear it. On average, most patients wear the brace for 6 to 12 weeks.



How to put on your Jewett Brace

Keep your brace at your bedside so you can easily reach it without getting up.

1. Lie flat on your back to put the brace on.
2. Put the front section of the brace so that the top of the chest pad is two fingers widths below your collarbone. Make sure that the upper pad of the brace is across your breast bone or sternum and bottom pad is across the front of your lower trunk or pubic bone.
3. Bend both legs by sliding your heels towards your buttocks, push with your heels and roll onto your right side. Roll like a log. Do not twist!
4. Position the back section of the brace in the centre of your back.
5. Roll onto your back and onto the back section of your brace.
6. Attach the front and back pieces of the brace together.
 - (a) Pull the strap from the back piece and latch the plastic piece over the screw to lock it in place.



- (b) On the other side, push the lock tab down to lock in place.



- (c) Check to see that the brace is aligned before getting up. The brace should appear level and symmetrical (equal on both sides). The back pad of the brace should be in the centre of your back.

If the brace is not fitting comfortably, do not try to adjust it yourself. Call the office of the Orthotist who fitted you for the brace.

How to remove your Jewett Brace

1. Unlock the brace on the left side.
2. Unlatch the screw on the right side.
3. Log roll onto your right side.
4. Lift the back piece of the brace towards the front brace section.
5. Log roll onto your back and remove the brace.

Moving around while wearing a Jewett Brace

Getting out of bed:

1. Log roll onto your side.
2. Drop your legs over the side of the bed and push yourself up to a sitting position.

Getting into bed:

1. Sit on the side of the bed and lean down on your elbow and forearm.
2. Lift your legs up onto the bed, staying in the side lying position.
3. Log roll from your side onto your back.

Bathing

Sponge bathing is recommended while wearing your brace. It is not recommended that you wear your brace in the shower or bath as the metal can rust and pads can become moldy. As your back heals you may be permitted to shower without the brace, but only as directed by your surgeon.

Cleaning the brace

Someone will need to help you clean the brace. Use mild soap and water to clean the padded areas. Be sure to allow the pads to dry completely before wearing it again. Do not put the brace under water.

Dressing

Wear a snug t-shirt or undershirt under the brace for both skin protection and comfort. Put the t-shirt on while lying in bed, rolling side to side.

Skin care

Have someone help you check your skin for any red areas every day. If there are any red areas that do not go away or have increasing discomfort from the brace, let the Orthotist know.

Let your surgeon know if discomfort continues.

Cost of the brace

OHIP does not cover the cost of the brace. You will be given an invoice for the cost of the brace. Some health insurance plans may reimburse you for the cost. You can ask for a prescription from your surgeon.

If you have any problems, questions or concerns regarding your brace, please call the Orthotist who supplied the brace.