

Using a Jewett Brace



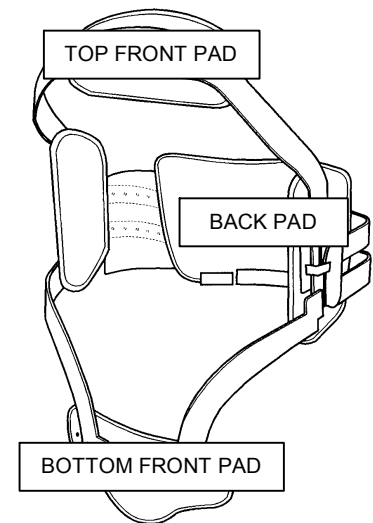
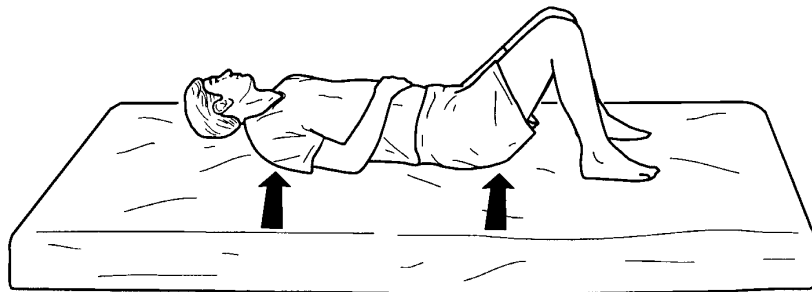
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A Jewett brace is used to keep your back in proper position while it is healing. Your doctor will tell you when to wear your brace during the day and how long to wear it.

Always wear a t-shirt under the brace so there is a barrier between your skin and the plastic. The t-shirt also absorbs perspiration or sweat.

Steps to Put on Your Brace

1. Move to the side of your bed.
 - Use your arms and legs to move your hips over, or
 - Have a caregiver pull the sheet under you over to one side.



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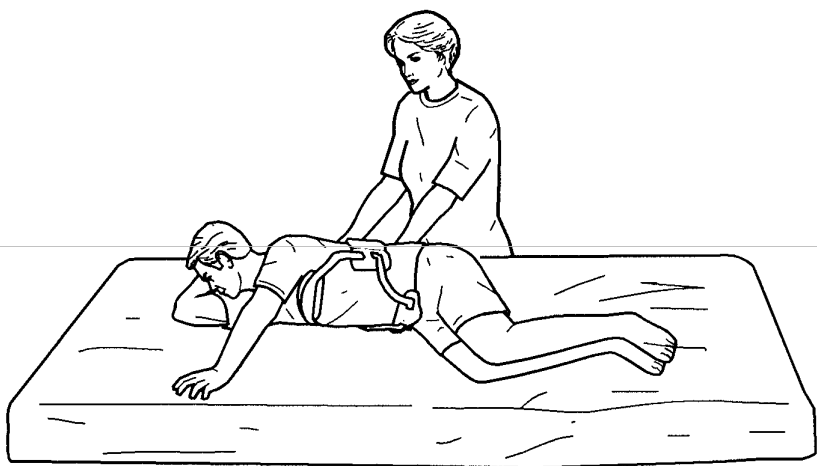
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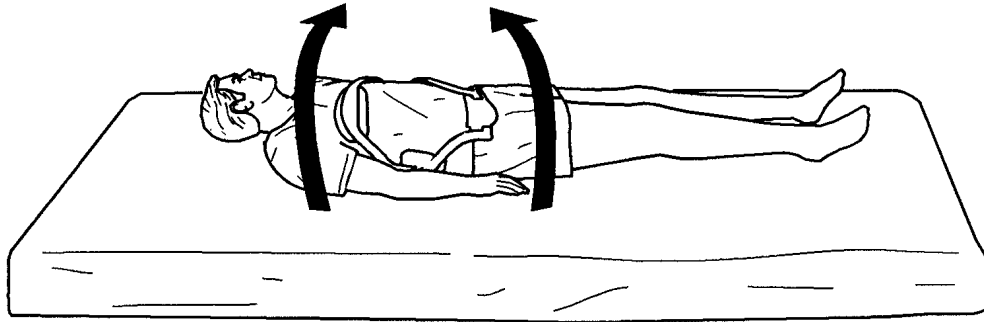
2. Roll to the opposite side of the bed almost onto your stomach
 - Bend both legs by sliding your heels toward your buttocks.
 - Push with your heels and roll onto your side. Do not twist! Roll like a log.



3. Your caregiver should position the front half of the brace with you lying on your side. Make sure the upper pad is across your breastbone or sternum and the lower pad is across the front of your lower trunk or pubic bone.

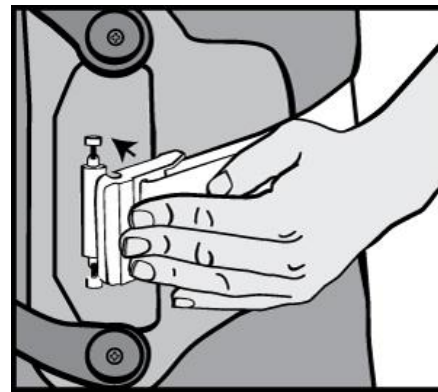
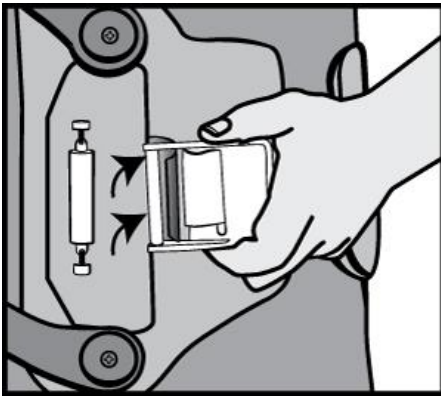


4. Next, position the back of the brace around to your back or slide it under the side of your body.



5. Attach the front and back pieces of the brace together.

To buckle the Jewett Brace:



A) Put the latch inside the buckle hinge.

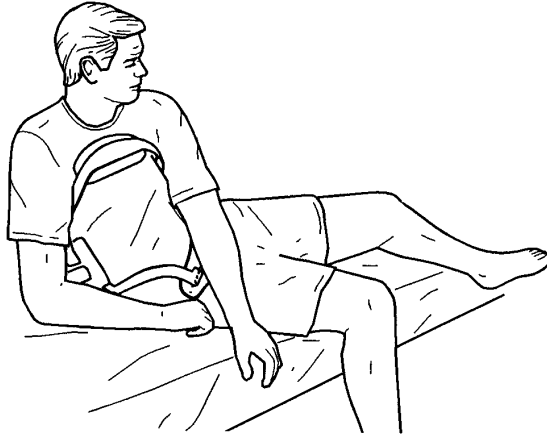
B) Push the buckle towards you so it closes and snaps around the pins.

C) Check to see that the brace is straight before getting up.
Adjust it if you need to.

(For full buckling and unbuckling instructions, see page 6.)

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

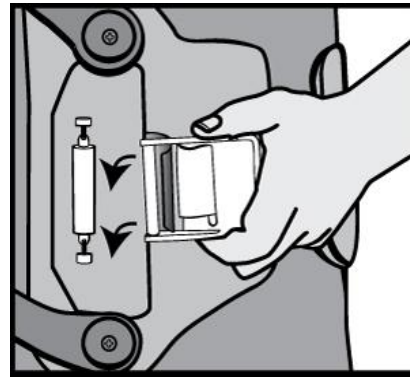
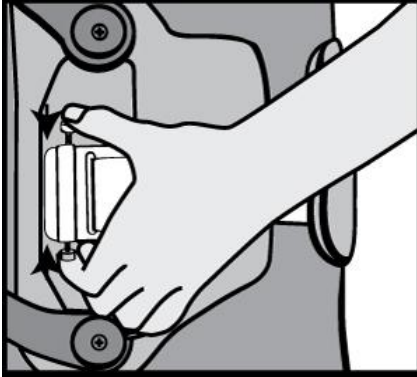
1. Sit on the side of the bed and lean down on your elbow and forearm.
2. Lift your legs up onto the bed, staying in the side-lying position.
3. Log roll from your side onto your back.



Taking off the Brace

1. Log roll onto your side.

To unbuckle the Jewett Brace:



2. Squeeze the top and bottom pins together to undo the buckle.
3. Remove the latch from the buckle hinge.
4. Push the back piece of the brace under your side to your back or lift it toward the front brace section.
5. Log roll onto your back and remove the brace.

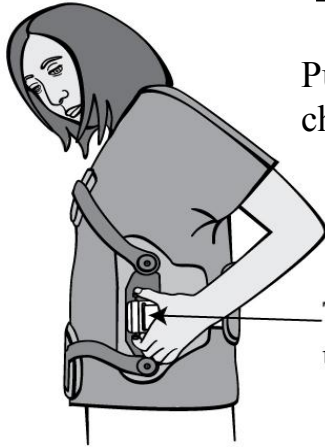
(For full buckling and unbuckling instructions, see page 6.)

Things to Remember

- Do not expect to be able to move in all directions or sit in all types of chairs. The brace is made to limit certain motions and positions.
- If you have redness in certain spots under or around your brace, call your orthotist, the person who made or fit your brace. They can make changes to your brace so it will not rub. Redness over a large area of skin or pink skin is normal.
- Talk to your doctor or others on your health care team if you have questions.

Adapted with permission from the Ohio State University Medical Centre.

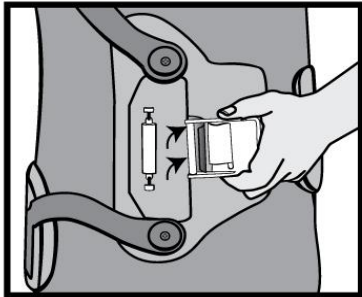
The Jewett Brace Buckle



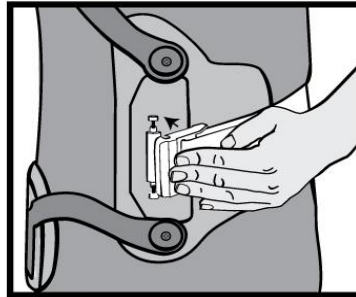
Put the Jewett brace on so the two front pads cover your chest and pelvis, and the back pad covers your lower back.

The buckle is found on the left side of the brace

To buckle the Jewett Brace:

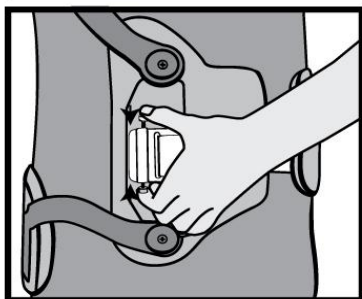


1 Put the latch inside the buckle hinge

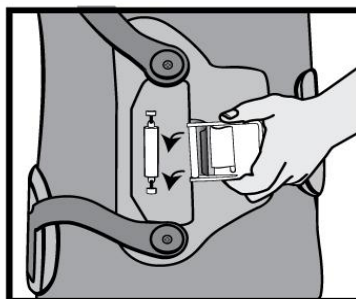


2 Push the buckle towards you so it closes and snaps around the pins

To unbuckle the Jewett Brace:



1 Squeeze the top and bottom pins together to undo the buckle



2 Remove the latch from the buckle hinge

