

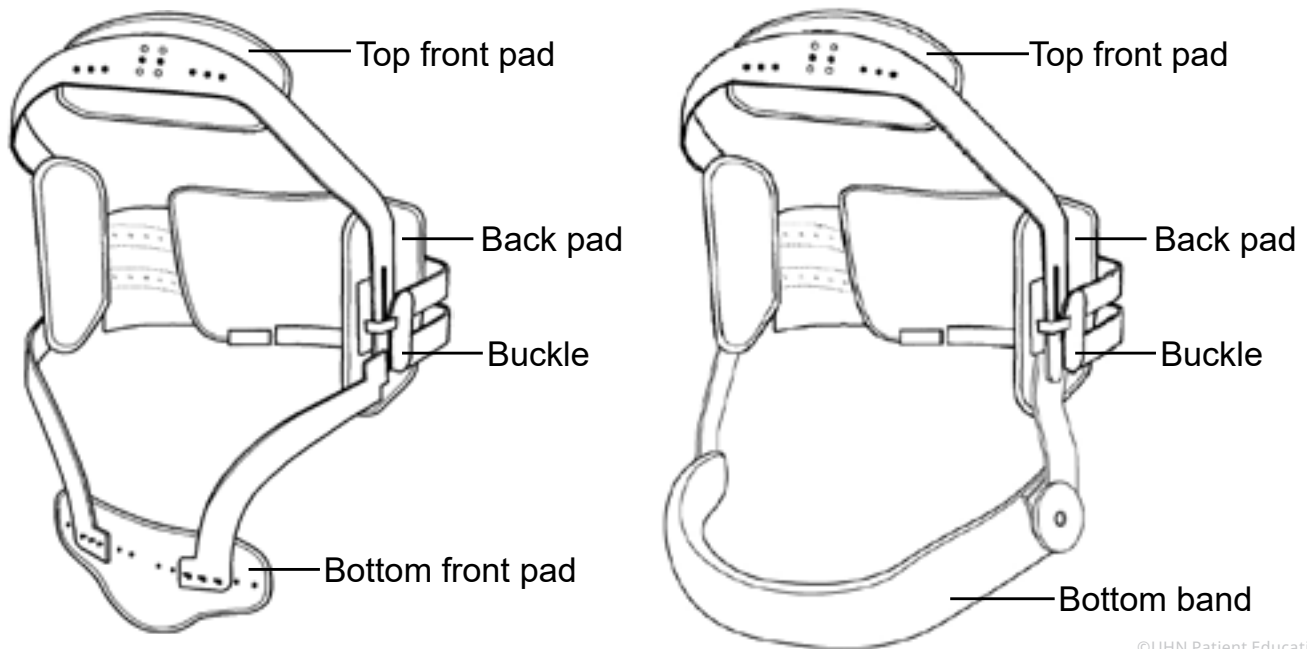
# Using a Jewett Brace

## Instructions on how to put on or take off a Jewett brace when sitting or lying down

### What is a Jewett brace?

A Jewett brace keeps your back in the 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.

### Parts of the Jewett brace



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These are two models of braces. You may have been fitted with a different type of brace, please follow the instructions that your health care provider gave to you for your brace.





## Things to remember about wearing your brace:

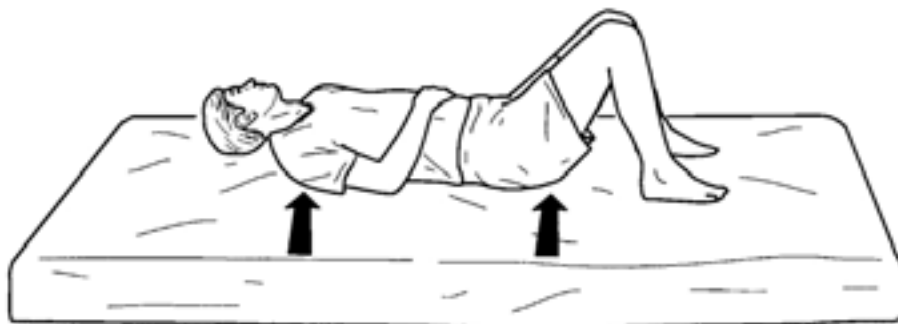
- Always wear a t-shirt under the brace so there is something between your skin and the plastic. The t-shirt will help soak up any moisture or sweat.
- You won't be able to move in all directions or sit in all types of chairs. The brace is supposed to limit some movements and positions so you can heal properly.
- If you have redness in a small area or areas under or around your brace, call your orthotist. This is the person who made or fit your brace. They can make changes to your brace so it won't rub.
- Talk to your doctor or other members of your health care team if you have any questions.

## Putting on your brace while lying down

Follow these steps to put on your brace while lying down:

### 1. Move to one side of your bed.

- You can do this yourself by using your arms and legs to move your hips over.
- If you need help, have a caregiver pull the sheet under you to move you over to one side.



## 2. Roll to the opposite side of the bed, almost onto your stomach.

- First, bend both legs by sliding your heels toward your buttocks.
- Then push with your heels and roll onto your side. Roll like a log.  
**Don't twist!**



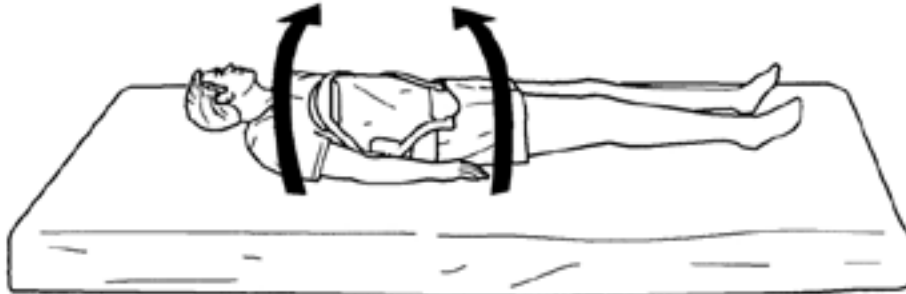
## 3. Put on the front of the brace.

You will need someone to help you with this. Have your caregiver put the front half of the brace on you while you are lying on your side. Make sure the upper pad is across your breastbone (sternum) and the lower pad is across the front of your lower abdomen (pubic bone).



#### 4. Put on the back of the brace.

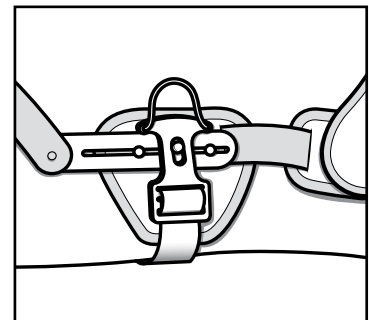
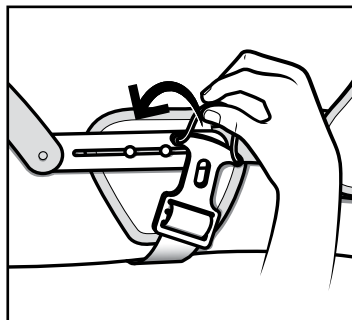
Move it around to your back or slide it under the side of your body. Make sure the back pad covers your lower back.



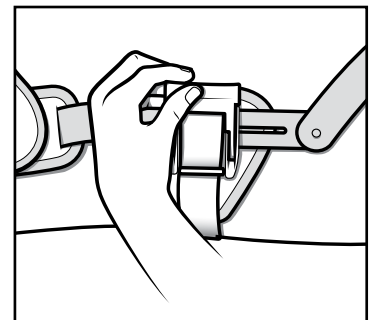
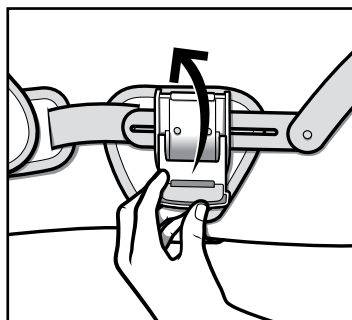
#### 5. Buckle the front and back pieces of the brace together.

To buckle the Jewett brace:

- A. On the right side of the brace, pull the loop on the plastic tab up and over the screw. Insert the screw into the slotted hole to lock it in place.



- B. On the left side of the brace, push the lever of the buckle down to lock it in place. You should hear a double click.



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

## 6. Get out of bed.

- Log roll onto your side.
- Drop your legs over the side of the bed and push yourself up to sitting.

A.



B.



## Taking off your brace while lying down

Follow these steps to take off your brace while lying down:

### 1. Lie down on the bed.

- Sit on the side of the bed and lean down on your elbow and forearm.
- Lift your legs up onto the bed while you are still leaning on your arm.
- Log roll from your side onto your back.

A.



B.



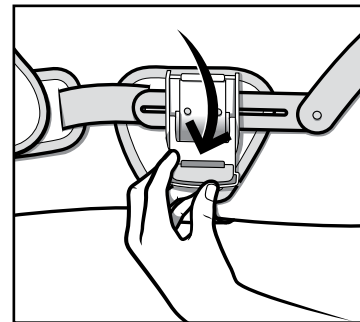
**2. Log roll onto your side.**



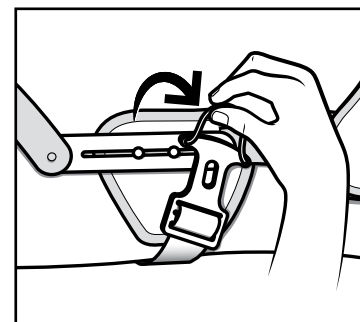
**3. Unbuckle the Jewett brace.**

To unbuckle the brace:

- A. Pull back the buckle on the left side of the brace.



- B. Lift the plastic tab off of the screw on the right side.



**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.**

## Putting on your brace while sitting up

Follow these steps to put on your brace while sitting up:

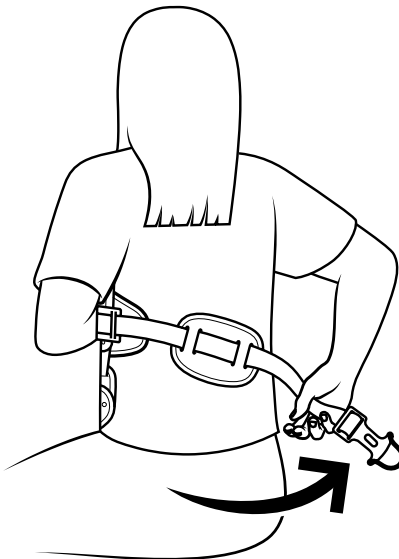
### 1. Put on the front of the brace.

Make sure the upper pad is across your breastbone (sternum) and the lower pad is across the front of your lower abdomen (pubic bone).



### 2. Put on the back of the brace.

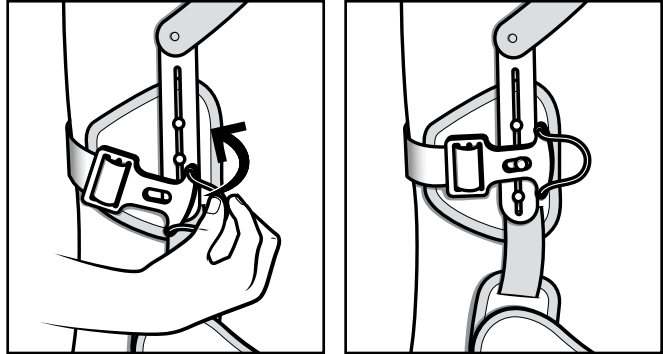
Make sure the pad is centred properly on your lower back.



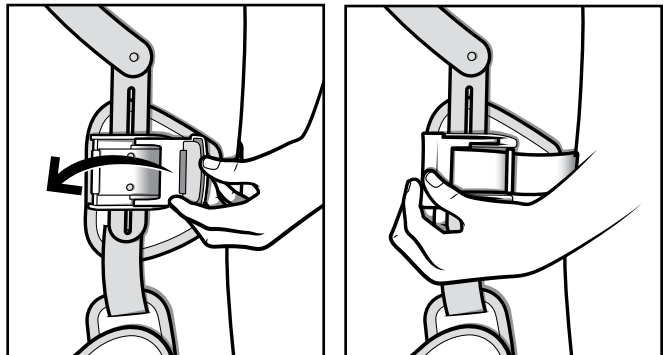
### 3. Buckle the front and back pieces of the brace together.

To buckle the Jewett brace:

- A. **On the right side** of the brace, pull the loop on the plastic tab up and over the screw. Insert the screw into the slotted hole to lock it in place.



- B. **On the left side** of the brace, push the lever of the buckle down to lock it in place. You should hear a double click.



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



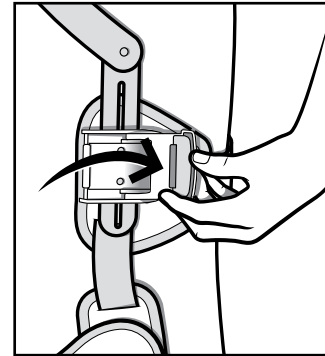
# Taking off your brace while sitting up

Follow these steps to put on your brace while sitting up:

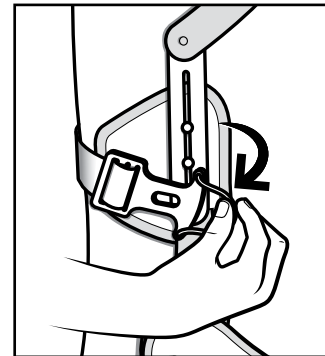
## 1. Unbuckle the Jewett brace.

To unbuckle the brace:

A. Pull back the buckle on the left side of the brace.



B. Lift the plastic tab off of the screw on the right side.



**2. Push the back piece of the brace under your side to your back or lift it toward the front brace section.**

**3. Remove the brace.**

Adapted with permission from the Ohio State University Medical Centre.



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