



# Using a Jewett Brace

UHN

## Information for patients with a Jewett brace and their families

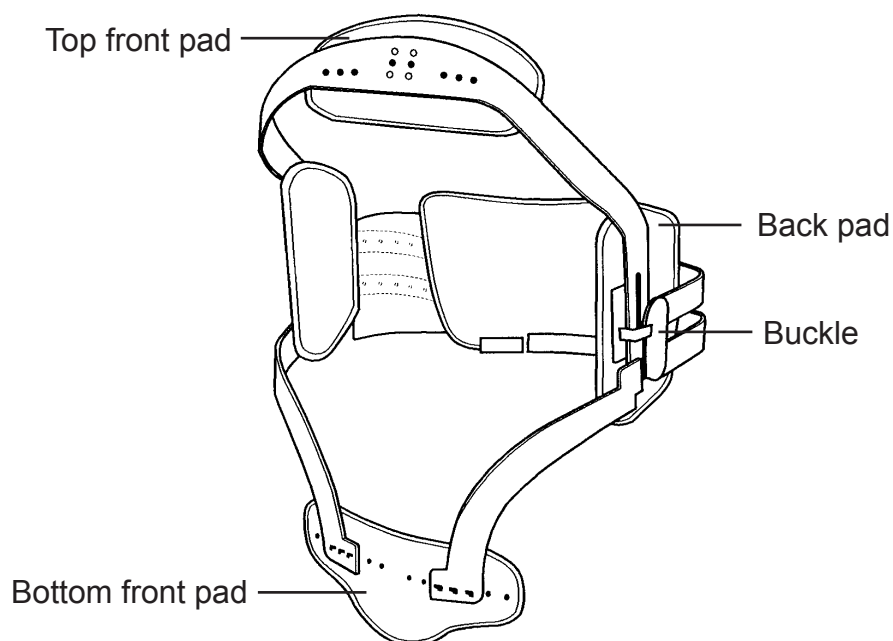
Read this booklet to learn:

- what your Jewett brace is for
- what you need to know about wearing it
- how to put it on and take it off

### 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:



Please visit the UHN Patient Education website for more health information: [www.uhnpatienteducation.ca](http://www.uhnpatienteducation.ca)  
© 2014 University Health Network. All rights reserved.

This information is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care provider for advice about a specific medical condition. A single copy of these materials may be reprinted for non-commercial personal use only.

Author: Wendell Greenidge, Marleine Elkhouri, Andrea Dyrkacz, Angela Sarro, Yvette Lashley, Rosalie Magtoto  
Revised: 12/2014  
Form: D-5046



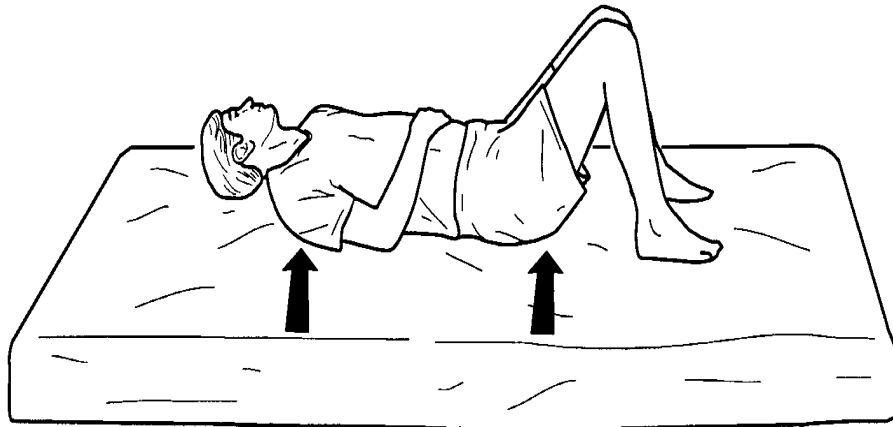
## Things to remember about wearing your brace:

- 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. A large area of skin that is red or pink is normal.
- Talk to your doctor or other members of your health care team if you have any questions.

## Follow these steps to put on your brace:

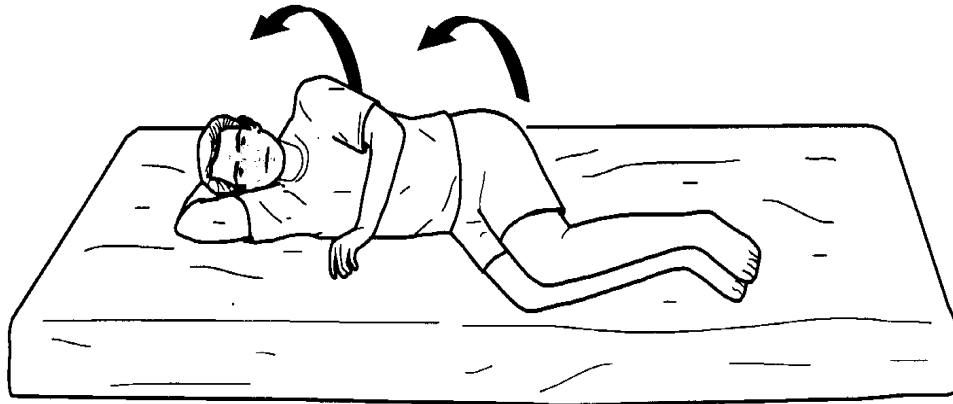
### 1. Move to 1 side of your bed.

- 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.



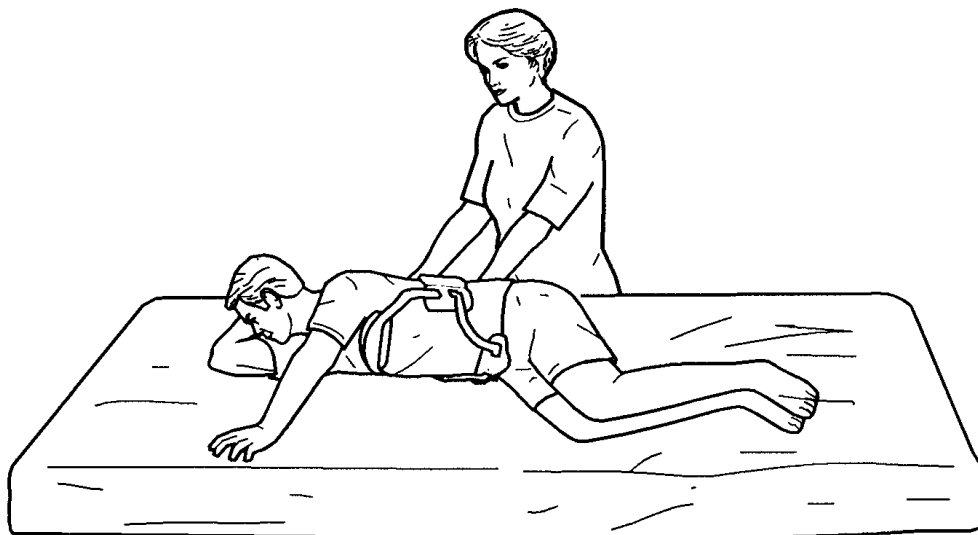
**2. Roll to the opposite side of the bed, almost onto your stomach.**

- 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!**



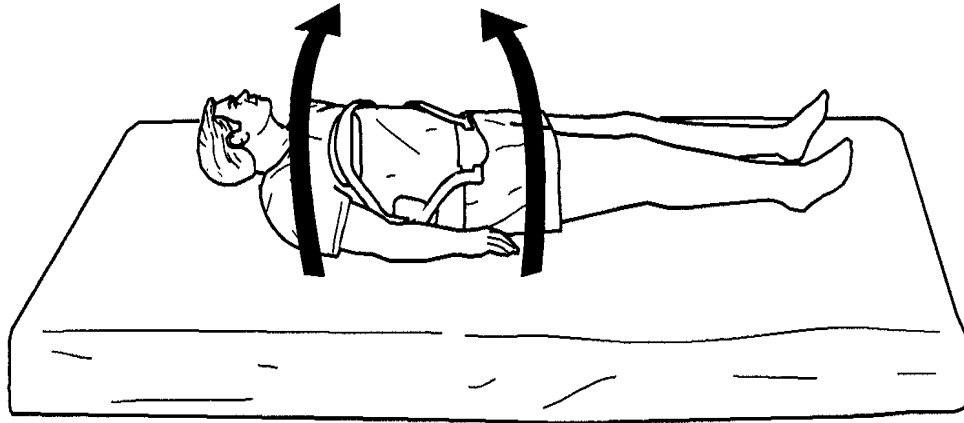
**3. Put on the front of the brace.**

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).



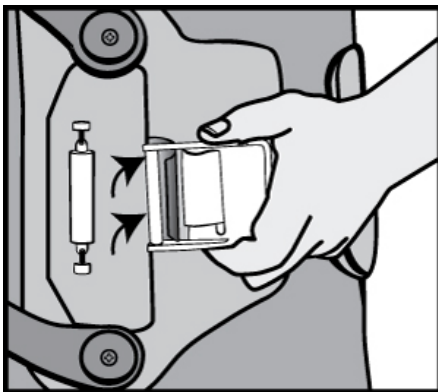
**4. Put on the back of the brace.**

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

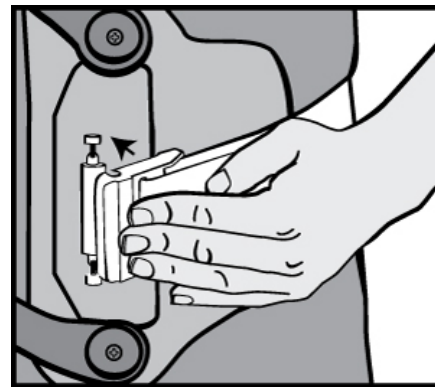


**5. Buckle the front and back pieces of the brace together.**

To buckle the Jewett brace:



A. Put the latch inside the buckle hinge.

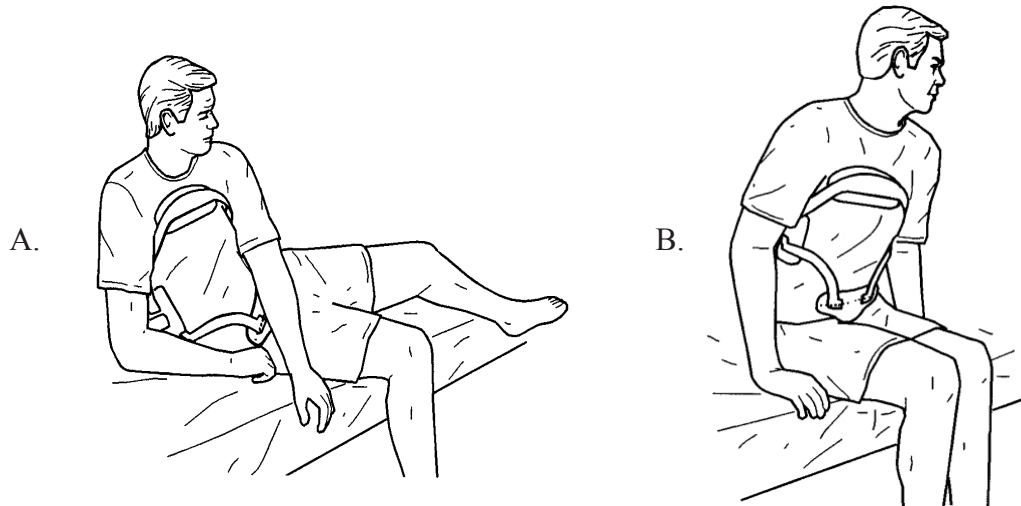


B. Push the buckle towards you so it closes and snaps around the pins.

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

## 6. Get out of bed.

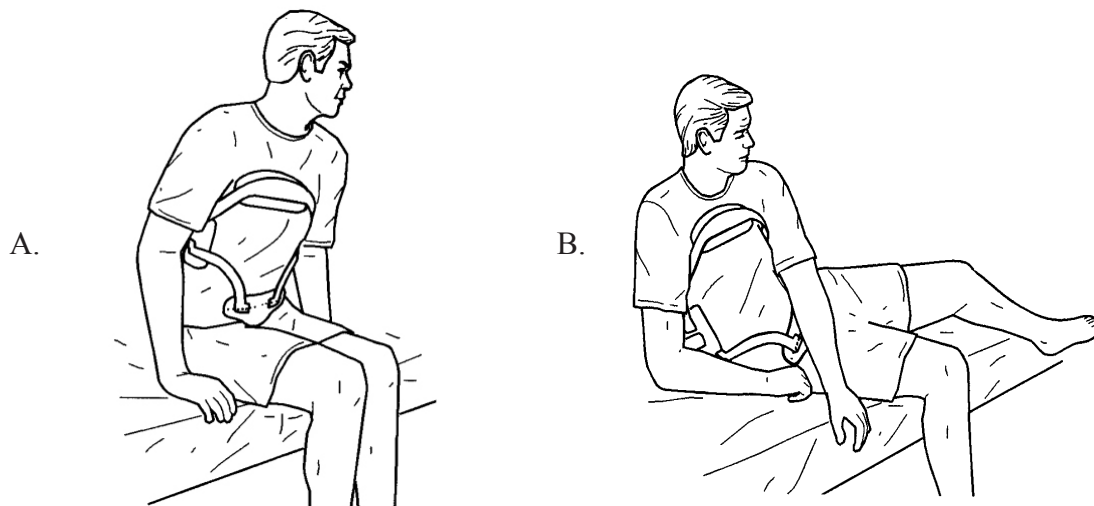
- Log roll onto your side.
- Drop your legs over the side of the bed and push yourself up to sitting.



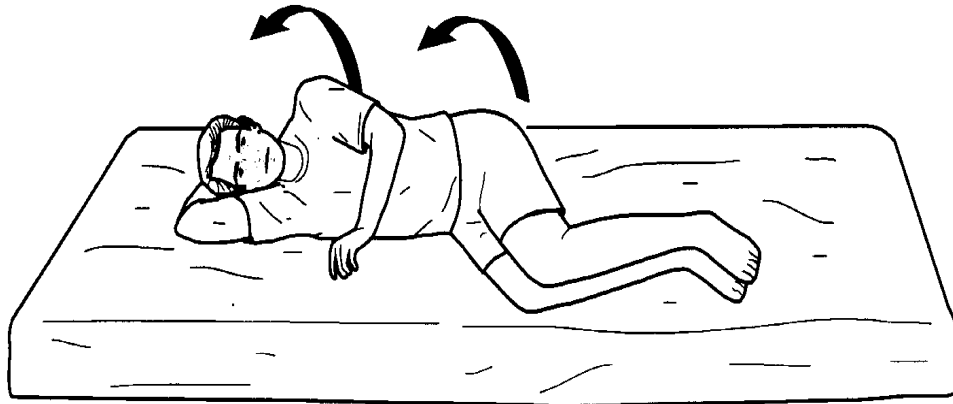
## Follow these steps to take off the brace:

### 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.

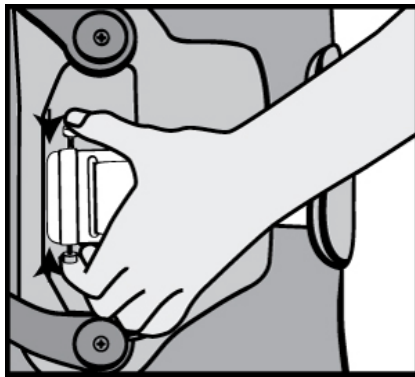


**2. Log roll onto your side.**

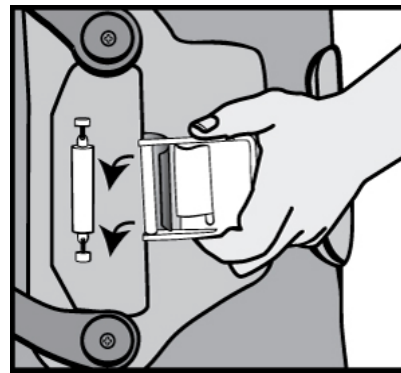


**3. Unbuckle the Jewett brace.**

To unbuckle the brace:



A. Squeeze the top and bottom pins together and undo the buckle.



B. 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.**

Adapted with permission from the Ohio State University Medical Centre.