



## ADULT SCOLIOSIS ORTHOSIS (ASO) PATIENT CARE & USE INSTRUCTIONS

You have been fitted with a highly supportive back brace. It is designed to restrict specific motions and to correct your scoliosis deformity as much as tolerable. Proper use and wear are required to obtain desired function and pain relief. Follow-up is essential for the best outcome. The following suggestions will help maximize brace comfort and function.

1. Brace should be applied as instructed before getting out of bed. Stretching your spine before putting the brace on is critical.
2. Fasten the straps in the following order: Bottom, Top, ClickFit Strap. See below for instructions on how to use ClickFit Strap.
3. Re-tighten straps throughout the day to maintain proper snugness.
4. Spinal braces are most comfortable and effective when worn snugly. This will help reduce slippage and rubbing.
5. Weight changes will affect brace fit. Call Northern Care to schedule a brace adjustment if it becomes loose or causes pain.
6. Always wear an under-shirt or similar garment to help protect the skin. Change this shirt at least daily, or more frequently if perspiration is a problem.
7. Wash the ASO weekly, or as needed, with a mild soap (such as Ivory or antibacterial soap) and rinse thoroughly with water. You may use rubbing alcohol if needed.

### **ClickFit Strap:**

#### Donning

1. Clip the ClickFit Strap together by inserting the end underneath the lip (go in at a 45° angle) and then pressing down until it snaps into place.
2. Turn the reel to the left to tighten until the brace fits snug.

#### Doffing

1. Pop the reel out to release tension.
2. Pull reel away from body and release strap (at a 45° angle).

With all procedures, follow-up care is of the utmost importance. This included in the initial fee. It is also the responsibility of the patient to inform the orthotist of any fatigue points in the orthosis, plastic, padding or straps. **Contact: Northern Care, Inc. (406) 755-6322.**