



Fabric spinal and abdominal supports

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Your fabric support has been prescribed (for your use only) by your consultant/ doctor and has been assessed and fitted by the orthotist. The orthotist will design a support to meet your needs. This leaflet provides information about fabric spinal supports or corsets and abdominal supports.

Why do I need to wear a support?

The reasons that patients need to wear a fabric spinal support or an abdominal support are varied but are also individual. For example you may have long-term mechanical low back pain and by wearing a support it can provide pain relief or protect you from further injury. An abdominal support is normally worn post-surgery or where an abdominal hernia is present; again these are worn for comfort and to protect against further deterioration.

How long do I need to wear the support for?

This will vary on an individual basis. You need to wear your spinal support to protect your spine, e.g. when you are working, lifting, bending etc. It is essential that for periods each day you do not wear your support as this allows you to use your own spinal muscles. Abdominal supports need to be worn during the day time.

Do I need to wear the support during the night?

No, you are not required to wear your support in bed.

How do I put the support on correctly?

When the brace is supplied the orthotist will instruct you how to fit your fabric support. You will be supplied with 2 supports. The support can be worn next to the skin. The support needs to be worn firmly.

Fabric spinal support – correct position

- The 2 (or 4) steel uprights need to be positioned in the small of your back with the uprights either side of your spine
- Fasten the bottom strap of the support first; this will hold the support in place allowing you to ensure the position is correct
- Fasten the remainder of the support straps, adjusting as required (normally 4 or 5 in total)
- Finally fasten the fulcrum strap (broad strap extending from the rear of the support fastening at the front)

Abdominal Support – correct position

- The front of the support should be offered to the abdomen, if you have any collection bags, care should be taken when passing bag/s through the support
- Fasten the bottom strap of the support 1st, this will hold the support in place allowing you to ensure the position is correct, the fastening straps are normally located to the side of your support
- Fasten the remainder of the support straps, adjusting as required (normally 4 or 5 in total)
- Finally fasten the fulcrum strap/s (broad strap/s extending from the front of the support fastening at the front or side)

Care instructions

- Supports should be cleaned regularly.
- They can be dry cleaned or hand washed.

Washing instructions

- First remove the steels from casings, taking care to replace them exactly as originally fitted
- Support should be hand-washed in warm water and suitable detergent. Marks and stains can be scrubbed gently using a soft brush
- Ensure that you rinse the belt properly and remove excess water by rolling in a dry towel
- Lay the garment on a flat surface to dry. **DO NOT** use a direct heat source on the garment
- To avoid wrinkling and/or tightening of the material surrounding the bone casings, carefully stretch the top and bottom of each bone casing before the garment is completely dry
- It is possible to iron the garment while slightly damp
- If upon inspection, any fraying or broken stitching is noticed, please return the support to the Orthotics Department, QEHB, so repairs can be undertaken

What happens if I have a problem?

If you have a problem with your support, please contact:

Orthotics Department

Outpatients Area 1 Queen Elizabeth Hospital Birmingham (QEHB)
Mindelsohn Way, Edgbaston, Birmingham, B15 2GW
Telephone: 0121 371 6415/6

Your Orthotist is: _____

Accessibility

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