

Ortho Dynamics Inc.

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DATE:

PATIENT NAME:

ORTHOTIC DEVICE: Harris Brace/Lumbosacral Orthosis

WEARING INSTRUCTIONS:

- Keep the back brace close to your bed so that you can reach it easily.
- Roll onto your side (barrel roll) keeping your knees and hips bent and rolling all together without twisting your spine. Place the back brace behind you and roll back onto the brace, adjusting it into place.
- Place the orthosis as you have been instructed, below your zyphoid and just above your symphysis pubis. You should be able to sit and stand without discomfort.
- The orthosis should be snug at all times in order to keep it from shifting.
- Remember to loosen straps before donning and retightening them when donning.
- There should be no pain resulting from the orthosis. If there is still discomfort or an adjustment is necessary please call for an appointment.
- The orthosis should be worn at all times every day for maximum protection (except when sleeping). Please check with your doctor for the length of time you will be required to wear this protective orthosis. You may wear the orthosis in the shower if you cover it with a plastic bag to keep it from getting the padded areas wet.
- If there is redness or discomfort which remains, first make sure that the Harris brace was applied correctly and snugly, as otherwise, the body may shift in the orthosis.
- If the redness or discomfort remains and was not due to incorrect application, an adjustment may be necessary. Please call to make an appointment and provide details of the problem you are experiencing.
- If you notice any mechanical problems or hear a clicking sound from the orthosis please call our office and someone will assist you. An Allen Key is provided to tighten any loose screws.
- To clean the orthosis follow the instructions supplied separately.

If you have any questions or concerns please make sure to call and I will be glad to be of help. Please keep these instructions and all other material provided for future reference.

Thank you.
Serap Kaga, B.Sc., C.O. (c) Certified Orthotist
Jarrod Tucker, C.O. (c) Certified Orthotist
Shannon McCann, Resident Orthotist