

DATE:

PATIENT NAME:

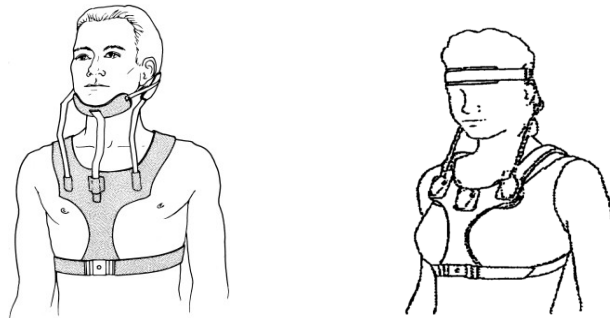
ORTHOTIC DEVICE: Sterno Occipital Mandibular Immobilizer Orthosis (SOMI)

WEARING INSTRUCTIONS:

The doctor has prescribed the SOMI brace to assist in healing your cervical spine (neck) during your recovery process. It is important that all directions given to you by hospital/medical personnel, including your physician, nurses, PT, OT and Orthotist are strictly adhered to. The orthosis is designed to immobilize your neck while your injury heals.

To apply anterior section, wrap shoulder straps around back and fasten snugly at front waist. Then put posterior occipital section behind head and insert rods into sternal slots and close fastener shut. Then put chin piece under chin and secure in hole marked on thoracic section. Close fastener over top. Then attach leather snap straps from posterior occipital section to anterior chin piece. These should be snug.

A separate headband is included for use as an auxiliary support when the mandibular component is removed for eating, shaving etc. The headband attaches to the two snaps on the occipital component. The strap encircles the cranium and is maintained in position with a hook and loop closure.



Bathing

You must bathe with your brace on.

It is recommended that you sit on a hard chair while showering to avoid unnecessary bending or twisting.

After washing with mild soap, it is essential that you run a towel under your brace to thoroughly dry the padding.

It is recommended that you obtain the assistance of a second person to help with bathing activities.

WARNING: Do not remove your brace unless directed by your doctor or orthotist. Removal of the brace may jeopardize your recovery or lead to a more serious injury.

Eating

Eating with your brace on will be a challenge. Because of the nature of the head piece, you will not be able to bend your neck or open your mouth very wide. Remember to take small bites and use a straw for drinking liquids whenever possible.

WARNING: Do not pull on the head or chin piece.

Getting in and out of bed

When getting out of bed, lie on your side. Use your elbow and your opposite arm to push yourself to a sitting position. Be careful not to bend or twist your neck or back.

Clothing

Clothing is to be worn over your brace. A button down shirt is recommended for ease of dressing.

Contact your doctor or orthotist if:

You are experiencing severe or abnormal pain.

You are experiencing numbness.

Something on the brace is malfunctioning.

You are having a problem with the fit.

You cannot sit down, eat or use the toilet properly because the brace is too restrictive.

The brace is causing a sore or abrasion.

Precautions

The fitting instructions for this product are for the use of certified orthopaedic professionals only. Patients must not attempt to apply or adjust any brace unless expressly instructed to do so by the orthopaedic professional responsible for the prescription and/or initial fitting.

THIS BRACE IS DESIGNED FOR SINGLE PATIENT USE ONLY

- The orthosis should be snug at all times in order to keep it from shifting and also in order for it to provide the forces required to keep your neck from moving. It should be symmetrical and well-fitting.
- There should be no pain resulting from the orthosis. If there is discomfort or an adjustment is necessary please call for an appointment.
- Do not remove the brace unless directed by your doctor.
- The orthosis should be worn at all times every day for maximum protection including during bathing unless otherwise instructed by your doctor. 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 which remains or redness over a bony area, first make sure that the brace was applied correctly and snugly, as otherwise, the body may shift in the orthosis.
- If the redness 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 have any questions or concerns please make sure to call and I will be glad to be of help.

Thank you.

Serap Kaga, B.Sc., C.O. (c) Certified Orthotist

Jarrod Tucker, C.O., (c) Certified Orthotist

Shannon McCann, B.Sc. Phsi., Resident Orthotist