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General Wear and Care Instructions for your Jewett Orthosis



Your physician will tell you when to wear your orthosis (brace) during the day and for how long you must wear it. We recommend the use of a t-shirt under the orthosis for air circulation and tissue protection.

1. Make sure you have the front and back pad correctly positioned from the top to the bottom. They are marked with labels. Also make sure that the strap is not twisted.
2. It is recommended that you lie on your back on a bed for applying the orthosis.
3. First, place the back pad by rolling to your right side and positioning the pad so that it is in the center of your back. Assistance may be needed.
4. Roll back to a flat position.
5. Next, apply the front of the orthosis. Make sure that the sternal pad is centered on the chest below the clavicles (collar bones).
6. There is a hole in the plastic hook and a fabric piece. The fabric piece is a finger pull. The hole gets hooked over the screw on the right side.
7. Close the buckle on the left side. You should hear or feel a click as it fastens. The orthosis should be snug.
8. You should feel pressure at the proximal (top) and distal (bottom) edges of the orthosis. Excessive pressure can be relieved by sitting as straight and tall as possible.
9. You can now sit and move around within the guidelines set by your physician.



6. Plastic Hook

If you are a more established wearer it is possible to put the orthosis on while standing. You still need to correctly position the front and back pad for successful wear. Do not expect to be able to move in all directions or sit in all types of chairs. The brace is designed to limit certain motions and positions.

After removal of the orthosis, you should check your skin for signs of irritation. Redness over a large area that dissipates after removal of the orthosis is usually normal. If you have localized redness caused by pressure, please contact our facility so that changes can be made to your orthosis.

It makes sense to keep both your orthosis and yourself as clean as possible. Any skin covered by the orthosis should be washed daily with warm water and mild soap. Generous rinsing ensures removal of all lather since dried soap irritates the skin. The skin should be completely dry before wearing the orthosis. Your orthosis may be towel-dried or left to dry at room temperature after cleaning.