

If your doctor has told you that you might need a back brace, you've come to the right place!

Wearing your Brace at School

Many schools require kids to dress out before and after physical activity.

Here are some solutions:

- Talk to your school nurse. Ask to leave class early to put the brace on in the nurse's office. He/she could also help you with it.

Or

- Take your brace on and off in the locker room with a friend's help.

Also inform your teachers of your condition:

- Tell them what you may not be able to do (sitting cross-legged, bending over, etc.)
- Ask a friend who sits by you in class to help you pick up dropped items



Advantages of having a brace:

- ❖ Keeps you warm in Winter
- ❖ Become an amazing drummer by practicing on your brace
- ❖ Protects against flying soccer balls
- ❖ Pretend to be a model with your straight posture
- ❖ Straightens you up and makes you taller
- ❖ Pretend to be a turtle
- ❖ Acts as a stable shield

Telling your Friends

You may not know how to spill the beans. No worries!

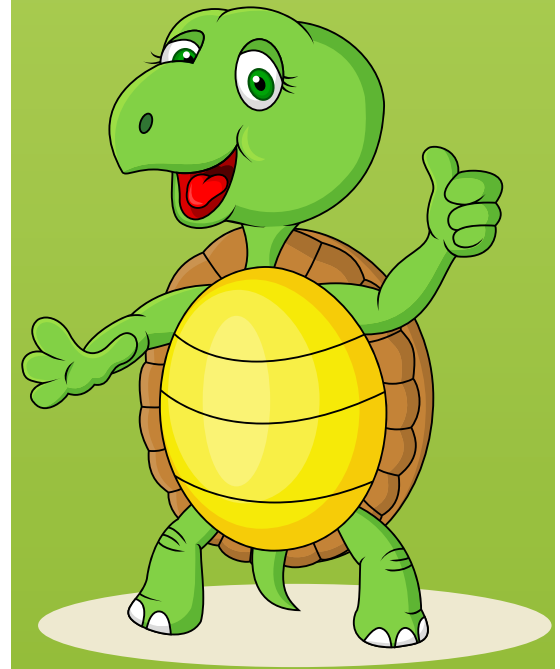
- Tell them the basics
- Don't overdramatize

Lots of kids wear braces on their teeth. Think of your brace as another object that keeps you straight.

Additional Things to Know

- When traveling by plane, take off the brace when going through security
- Does your brace hurt? It's normal in the beginning but don't give up.
 - Take a break and then put it back on again
 - The aches will subside as your body adjusts to the brace
 - Call your orthotist who can adjust it
- Are you itchy under the brace?
 - Use baby powder or cornstarch under the brace

Created by Emmy Soll



Brace Yourself!

Tips and tricks to dealing with a scoliosis back brace

braceyourself-scoliosistips.weebly.com

www.facebook.com/mybackbracetips

Calculating Hours

However many hours your doctor has told you to hit in a day (e.g., 23, 16, 18), it's easy to track it.

- Set a goal for daytime and nighttime
- Use a spreadsheet on a computer or track on paper with date and hours
- You will have a record to show your doctor and will know how many hours you have left for the day



Falling Asleep

This may sound difficult but it really isn't as bad as it may seem.

Try:

- Lying on your back with pillows to prop you up
- Lying on your side with a body pillow
- Purchasing a memory foam mattress
- Using a duvet cover instead of a top sheet

These aren't essential but will help with comfort.

Using the Bathroom

- Take off the brace completely

Or

- Loosen the bottom 2 straps and then prop yourself up against the toilet with your hands

What to Wear

It's all right if your brace shows. If you want to conceal it, here are some ideas on what to wear:

- Pants that are 1-2 sizes bigger
Buy a few pants now and wait to get more later. When your body adjusts to the brace, you will pull the straps tighter, making your waist smaller.
- Jeggings are a great substitute for jeans
- Leggings are easy to pull over the brace
- Full skirts
- Flowing or long sweaters to cover up your backside
- Belted shirts are not a problem
- Slip-on-shoes because tying can be hard.
- No seams or added beads on any clothing

under the brace

- No underwire bras
- Body socks or tank tops for under the brace
I recommend a cotton camisole with lining that can be pulled out to cover the brace where it comes up near the armpits.
- Steer away from see-through and light colored shirts (if you have a dark or vibrant colored brace), revealing armholes, and cropped or tight tops