

## About your moulded spinal jacket

Surgical Appliance Department  
Tel: 01271 322492

### Other formats

If you need this information in another format such as audio CD, Braille, large print, high contrast, British Sign Language or translated into another language please contact the PALS desk on 01271 314090 or at [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net).

### What is a moulded spinal jacket?

The spinal jacket has been specially made to support and correct the spine. It is to be worn throughout the day and **not at night**, unless you have been specifically told to do so. Spinal jackets are made of various materials. The Orthotist will choose the best for your requirements.

### How do I wear my jacket?

It is important that the jacket is fitted as instructed by the Orthotist or the physiotherapist.

1. Wear a closely-fitting cotton vest or T-shirt under the jacket for comfort.
2. Make sure you put the jacket on correctly, positioning it so it is in the right place around the pelvis.
3. Ensure that any creases from the vest or T-shirt are removed before tightening the straps.
4. Pull the straps up tightly as shown by the Orthotist.
5. If fitting the jacket to a child, use it gradually so he or she gets used to the feel of the jacket. Initially apply it for one hour to start with, then remove the jacket and vest and check for any pressure areas. If everything is all right, then build up the time by one hour a day until it is being worn for the whole day. You will need to persevere; be patient but firm.
6. If there are persistent areas of redness, then stop wearing the jacket and contact the Orthotic/Appliance Department for an appointment.

### How do I look after my spinal jacket?

- Keep the jacket away from direct heat as this may affect the material it is made of.
- Check that the jacket isn't getting too tight or too short in length.

- Do not wash the jacket if it is lined or made of leather. Lightly sponge with fresh water.
- Check that all the straps are in good condition. Have any broken straps replaced by the Orthotic/Appliance Department.

## What if I have a problem?

If you are worried about your spinal jacket then contact the Appliance/Orthotic Department for an appointment.

## Further information

If you have any questions or need more information, please contact the Surgical Appliance/Orthotic Department on **01271 322492**.

### PALS

The Patient Advice and Liaison Service (PALS) ensures that the NHS listens to patients, relatives, carers and friends, answers questions and resolves concerns as quickly as possible. If you have a query or concern call 01271 314090 or email [ndht.pals@nhs.net](mailto:ndht.pals@nhs.net). You can also visit the PALS and Information Centre in person at North Devon District Hospital, Barnstaple.

## Have your say

Northern Devon Healthcare NHS Trust aims to provide high quality services. However, please tell us when something could be improved. If you have a comment or compliment about a service or treatment, please raise your comments with a member of staff or the PALS team in the first instance.

'Care Opinion' comments forms are on all wards or online at [www.careopinion.org.uk](http://www.careopinion.org.uk).

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