



Corset Wear & Care Guide

KANKAKEE

119 E. COURT STREET
SUITE 100
KANKAKEE, IL 60901
(815) 932-8564

JOLIET

121 SPRINGFIELD AVE
JOLIET, IL 60435
(815) 741-9700

ORLAND PARK

18016 S. WOLF ROAD
ORLAND PARK, IL 60467
(708) 364-9700

WATSEKA

200 N. LAIRD LANE
WATSEKA, IL 60970
(815) 432-7783

EVERGREEN PARK

3900 W. 95TH STREET
EVERGREEN PARK, IL 60805
(866) 996-7832

www.optechop.com
info@optechop.com
866-99-OPTECH

Explanation of the Orthosis

A corset has been prescribed by your physician to support and stabilize your spine. There are many indications for the use of a corset. These indications may include: herniated discs, compression fractures, post-operative stabilization and lower back pain and strain.

Corsets are generally made with canvas and elastic, with straps to tighten the orthosis and to keep it in place.

Wearing the Orthosis

The corset should only be worn while you are up, not while you are lying in bed or sitting for long periods of time unless otherwise directed by your physician. Initial wearing time may be for short periods in the beginning and gradually increasing as you become accustomed to wearing the corset. The wearing may differ for each patient and is determined by the ordering physician. There are metal stays in the back of the corset and should only be adjusted by your orthotist, please do not adjust them yourself. How the corset is worn is personal. However, wearing a cotton t-shirt under the orthosis may be a comfortable interface. If an interface is used, a cotton material is most beneficial for absorption of perspiration and ventilation. An interface will also prolong the life of the corset.

Applying the Orthosis (Donning)

The proper donning technique is to lay the corset on a flat surface, as a bed, then lay your body down onto the orthosis. Attach the fasteners in the front of the orthosis and pull the side straps tight. The straps should be tightened bottom to top with enough pressure as you are able to withstand without pain or discomfort. Some corsets may have shoulder straps which should be applied while lying down and tightened when standing.

KANKAKEE

119 E COURT STREET
SUITE 100
KANKAKEE, IL 60901
(815) 932-8564

JOLIET

121 SPRINGFIELD AVE
JOLIET, IL 60435
(815) 741-9700

ORLAND PARK

18016 S. WOLF RD
ORLAND PARK, IL 60467
(708) 364-9700

WATSEKA

200 N. LAIRD LANE
WATSEKA, IL 60970
(815) 432-7783

EVERGREEN PARK

3900 W. 95TH STREET
EVERGREEN PARK, IL 60805
(866) 996-7832

Removing the Orthosis (Doffing)

Make sure you loosen the front straps as indicated by the specific attachment device. Once the orthosis has been loosened, you may remove it.

Care/Washing the Orthosis

Before the orthosis can be washed, the metal posterior stays must be taken out. In order to remove the stays, slip them out of the pocket at the top edge of the orthosis. Remember to put the stays back in the same position they were in originally. The corset may be washed in a mild detergent, such as Woolite, and then line dried. Do not blow dry or put the orthosis in the dryer. Make sure that the orthosis is completely dry before wearing it again.

Follow Up Visits

Now that you have been fit with your orthosis, any maintenance or adjustments must be made by Optech O&P at your discretion. Appointments are necessary if there has been a weight gain or loss and the orthosis no longer fits properly. Please contact our office if an adjustment is needed.

If you have any questions about the wear & care of this product, please contact Optech Orthotics & Prosthetics for more information.

www.optechop.com
info@optechop.com
866-99-OPTECH