



Hyperextension Orthosis Wear & Care Guide

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Explanation of the Orthosis

The primary goal of a Jewett or Cash hyperextension spinal orthosis is to extend the thoracic (mid back) spine, usually to un-weight the anterior (front) body of the vertebral column. The un-weighting is done to alleviate pain and reduce the chance for further deformity from traumatic compression fractures, fractures secondary to osteoporosis, kyphosis, or other problems in the thoracic spine.

Wearing the Orthosis

The Jewett or the Cash should only be worn while you are upright or while lying face up in bed. For the greatest comfort, an interface, such as T-shirt, should be worn under the orthosis. A natural fiber like cotton allows for better air circulation and absorption of perspiration.

Applying the Orthosis (Donning)

Jewett orthosis:

The Jewett orthosis has two pads on the anterior (front) section: one to be placed on the sternum (3 ½ inches below the throat), the other should be placed on the pubis (bony area just below the bladder). The Jewett also has a large padded strap at the small of the back and attached to the sliding hook mechanism after the pads have been placed in the proper position. At the end of the strap, there is a wing nut or Velcro strap that will tighten the fit of the orthosis.

Cash orthosis:

The Cash orthosis has four pads, two for the sides with a strap attachment slit in them, one to be placed on the sternum (3 ½ inches below the throat), the last pad to be placed on the pubis (bony area just below the bladder).

The Cash also has a large padded strap which fits in the same small of the back. To apply the orthosis, place the pads in the proper areas and loop the strap through the side pads, attaching them with Velcro.

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Removing the Orthosis (Doffing)Jewett orthosis:

To remove the Jewett orthosis, simply loosen the wing nut to loosen the entire orthosis and pull forward with finger loop to release from sliding mechanism. If it is secured with a Velcro strap (instead of the wing nut), remove the Velcro strap thru the d-ring.

Cash orthosis:

To remove the Cash orthosis, remove one side of the Velcro and slide through the slit in the side pad. It is much easier for the next application when only one side of the strap is removed.

Care/Washing the Orthosis

Both the Jewett and the Cash are able to be washed. In order to preserve the life of the orthosis, the recommended cleaning solutions are either rubbing alcohol or a mild detergent like dish soap. If a detergent is used, apply with a damp cloth and dry well after cleaning. Do not use a blow dryer or set by heater.

Follow Up Visits

Now that you have been fit with your orthotics, any orthotic maintenance or adjustments must be made by Optech O&P. 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.

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