

## JEWETT HYPEREXTENSION ORTHOSIS GUIDE

You have received a Jewett Hyperextension Orthosis from Orthotic & Prosthetic Specialties, Inc. Your orthosis is a specialized device, and its use may require specialized instructions. These may come from your Orthotist, Therapist, or Nurse as directed by your Physician. Your Physician determines the medical need and wearing schedule for your orthosis, which in turn determine your individualized instructions. Following are general guidelines for wearing and caring for your orthosis. Your doctor may alter or supersede any of them, and you should follow his/her directions carefully.

### Applying the Jewett Orthosis

For Application in bed

1. Lay the back pad and straps inner (vinyl) side up on the bed.
2. Roll onto back pad so that it is in the lumbar region (waist level) of your spine. See Fig. 1
3. While lying on the back pad, place the frame of the brace on front of body. The sternal (top) pad should be approximately 1" – 1 ½ " below sternal notch (the top edge of the bone in the middle of your chest). The sternal pad is the pad that pivots. With the sternal pad in place the pubic pad should be just below the anterior superior iliac spines (your pointy front hip bones). Make sure that the clear plastic gussets of back pad are tucked under the side pads. See Figure 2.
4. While using one hand to hold the frame in place, grasp the plastic strap between your finger and thumb. Slide the strap under the steel roller and push it through the buckle.
5. Pull the ratchet buckle forward to tighten the strap. See Figures 3, 3A and 3B.
6. Once upright, the orthosis will probably feel tighter in a sitting position and loose while standing. The orthosis may be adjusted for comfort by loosening or tightening the ratchet buckle. However, the orthosis must be snug in order to work and it will slide down if not tight enough.

### Removal of the Jewett Orthosis

Push down on the side mounted release lever to loosen the strap. See Figure 4.

With the release lever depressed, pull the strap out of the buckle. See Figure 5.

### TIPS

1. The orthosis can be wiped down with mild soap and water or with rubbing alcohol. Make sure any soap residue is removed and that the orthosis is completely dry before reapplying.
2. For greater comfort, it is recommended that a cotton t-shirt be worn between you and the orthosis. This will increase comfort and help keep the skin intact.
3. Loose over-clothes such as sweatshirts and non-stretch tops will help hide the orthosis.

DO NOT UNDER ANY CIRCUMSTANCES loosen the screws and adjust the orthosis by yourself. If it feels too long when you sit down, check the position of the sternal pad. If the sternal pad is not in the correct position, the orthosis may feel too long in the neck and groin areas.

Please call Orthotic & Prosthetic Specialties, Inc. at 531-2773 if you notice signs of excessive wear anywhere on your orthosis, if any fasteners are not secure, or if you are having other difficulties or have questions about your orthosis. Do not attempt to adjust or repair your orthosis yourself. We will make every attempt to resolve any problem or answer any question as soon as possible.