

Scoliosis Bracing: Cheneau



What is scoliosis?

Scoliosis is an abnormal sideways curvature of the spine, when measured by x-ray, is greater than 10 degrees. Scoliosis may also involve rotation of the spine.

Spinal bracing for scoliosis

A custom Cheneau orthosis is used to manage scoliosis. The orthosis is designed to hold the spine in a straighter position while growth is still occurring. The aim of the orthosis is to prevent progression of your curve. Every orthosis is custom made for each individual patient requiring treatment.

Standard wearing protocol:

The orthosis will apply pressure to the body to enable the spine to be held in the best position possible, so it is important to get used to the orthosis slowly.

It is expected that the orthosis will eventually be worn full time, day and night.

This process should be achieved within two weeks.

If any issues with getting to full time wear this can be discussed at the initial review.

The following wear in guide and instructions may help the skin and muscles adjust to wearing the orthosis over 2 weeks:

WEEK 1

- Day 1 practice taking the brace off and putting the brace back on correctly. A singlet should be worn under the orthosis against the skin
- Day 1 begin wearing the orthosis at night only Remove and place beside bed if unable to sleep a full night
- Complete wearing and tolerating brace for a full night
- Once overnight wear is tolerated, increase wear to before or after school
- Each day slowly increase the hours wearing the orthosis
- Weekends are a good time to increase wearing time during the day

WEEK 2

- Once the orthosis is tolerated for 8 hours of day wear trial wearing the orthosis at school. Remember remove for sports and PE at school.
- **20 hours wear time achieved.** 4 hours off per day including sports, showers and swimming.



Putting the orthosis on correctly

- A tight-fitting cotton singlet must be worn under the brace. Short style underwear/thin bike shorts can also be used. All other clothing goes over the brace.
- Identify top from the bottom and the back from front. The opening of the brace runs down the front of the body
- The brace is flexible allowing the brace to be stretched open to allow easy donning. Wrap brace around body. Make sure the brace is sitting at the right spot at your waist and ensure that the orthosis is not twisted. Locate hips to assist with straightening.
- Fasten both Velcro straps.
- If the brace overlaps, it can cross over with either side on top of the other side.
- Retention all straps until the orthosis is tight. **Ensure the Velcro straps are all fastened securely.**
- Retention the straps as required for sleep

Skin care:

- The brace will cause areas of redness which should disappear within an hour of removing the spinal orthosis
- When you remove the brace, check the skin to ensure there is no rubbing, blisters or skin breakdown caused by the brace
- **If redness caused by the orthosis is persisting for longer than an hour or breaking the skin, you should remove the orthosis and contact your Orthotist for advice**
- Skin should be monitored daily to ensure the orthosis is not causing any broken skin or blisters
- Dry skin/mild rashes can be treated with moisturizing cream. If using creams ensure there is minimal residual cream left on the body. Before putting the orthosis back on, ensure the skin is clean and dry

Cleaning the orthosis:

- The orthosis must be cleaned **daily**
- Use hypoallergenic wash and a face washer to clean the orthosis
- Rinse well and towel dry before putting the orthosis back on

Reviews and follow up:

- A review appointment will be booked two weeks after the initial fitting. This appointment is required to check that the orthosis is fitting comfortably and working correctly.
- Reviews will be booked every three-six months to check comfort and function of the brace. The straps will wear out over time; therefore straps will also be replaced at this time.

Points to remember:

- **The orthosis should never cause broken skin.** If you notice a rub or a blister, remove the orthosis and contact the Orthotics Department
- After the second week of wear the orthosis is required to be **worn 20 or more hours daily**

PLEASE ENSURE YOU CONTACT YOUR ORTHOTIST IF YOU HAVE ANY QUERIES OR CONCERNS REGARDING THE SPINAL ORTHOSIS

PLEASE ENSURE YOU BOOK AN ORTHOTIC APPOINTMENT ON THE SAME DAY AS YOU ORTHOPAEDIC REVIEW. YOU WILL NEED TO BOOK THIS WELL IN ADVANCE TO ENSURE YOU CAN BE SEEN ON THE SAME DAY

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Your Orthotist is _____