

**SANO-SPINE REKLI**

*Dear Patient,*

You received a **reclination corset** from us today. The device was **individually produced with the newest technology**.

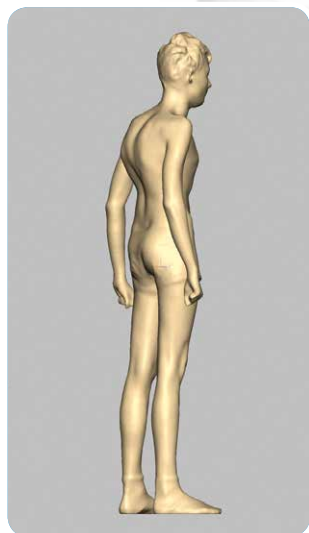
To receive **optimal benefit from your corset therapy, your cooperation and your willingness to wear your corset is a prerequisite**.

So you can better understand your orthotic device, we have compiled the following important information.

*If you or your parents have further questions or desire additional information, please contact us at the at the telephone number listed.*

We wish you a speedy and successful adjustment to your device.

Your SANOMED Team



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## Handling · Wearing · Training · Personal Hygiene · Cleaning

If your corset is to function properly, it is **important** to make sure that the **corset sits correctly**. This begins with putting on the device.

If you have never worn a corset before, the correct use must be learned and trained, but with practice will soon be a routine.

From experience we know that it is **beneficial** to reach the **daily wearing time** (determined by your orthopaedic specialist) **as quickly as possible**. On the first day, leave the corset on as long as possible, and increase the wearing time each subsequent day, so that within 10 to 14 days the prescribed daily wearing time is reached.

- Wear a **corset liner** or tight fitting T-shirt. Never wear your corset on bare skin!
- The corset closes in front. **Standing** upright, open the corset and slide it on, **across your back** and around your body. (Fig. 1 and 2)
- Now lay on a bed or a similar surface **on your back with your knees bent**. Make sure that the corset sits properly at the waist as determined by the corset form for the iliac crest. (Abb. 3)
- **Now tighten both fasteners** (normally so far that the two plastic edges of the corset butt up against each other over the stomach flap)..
- **Now stand up and stretch upward** whilst bracing your hands on the iliac crest. (Fig. 4)
- If necessary, pull on the T-shirt to remove any folds on points of pressure.



Your physician will determine if your brace should be worn **during the night**.

The corset can be loosened for 30 minutes **while eating**, but please close the brace correctly thereafter.

**During athletic activity, the corset should be removed** and after showering, it should be put on again after the skin has been properly dried. Skin creams and lotions must have been fully absorbed otherwise the skin is soft and prone to damage.

To make your **skin** more resilient, treatment of points of pressure with alcoholic liniment or PC30V (obtained in specialist shops) is recommended.

When you remove the corset, and look at yourself in the mirror, you will note that **redness** develops where the **pads** sit. This is completely **normal**. Blue coloration or raw areas on the skin are undesirable and require an adjustment in the corset. Please contact us immediately.

**Regular cleaning of the corset**, for instance to remove odours, is useful:

Plastic and metal parts can be cleaned with soap and water, but leather parts should only be cleaned now and again with a damp cloth. A terrycloth towel is useful in drying the corset after it has been cleaned. Under no circumstances should the corset be dried in the sun or by a heat source (e.g. a heater or open flames) as this could alter the form of your device.

Disinfection of your corset is not normally necessary. If your parents want to disinfect the corset regardless, commercially available disinfectants such as Kodan Spray can be used.



## Course of Treatment

After the corset has been properly fitted, the fit must be **examined in regular intervals** and **adjusted** in order to assure and/or improve therapy success.

An **x-ray examination in the corset** is usually made **six to eight weeks after** having received your device. For this purpose, the corset must be worn for about 24 hours before your appointment.

Thereafter, the corset will usually be **examined in three-month intervals**.

**Regular monitoring** of **body weight** and **height** every two to three weeks is recommended in order to react quickly to body changes. Failure to do so could be detrimental to corset therapy progress and could result in pain or worsening of your condition.

If you should **grow two or three centimetres**, you should **request a short-term appointment** with us or your orthopaedic specialist so that the corset can be **adjusted**.



Treatment Begin



2 Years after Treatment Begin

## Corset Construction · Form · Mode of Operation

The corset, which encompasses your trunk, consists of polyethylene plastic with an opening in front. Generally, the device is secured with two hook and loop fasteners in a guided system.

There are **two different types** of reclinatio (straightening) braces.

- **Reclination corset with two adjustable brackets** for normalization of lordosis of the lumbar spine and correction of increasing thoracic kyphosis. (Fig. 7)



- “Becker-Model” for treatment of hyperlordosis by normalization of lordosis – corset **without reclination brackets** (Fig. 9, 10 and 11)



## *Corset Construction · Form · Mode of Operation*

The **corset type**, which you have received, is **specially attuned to your diagnosis** and serves to **straighten your body profile** (sagittal profile).

It encompasses trunk circumference, **tilts the pelvis and the lumbar vertebrae backward**, and **straightens the overly rounded back by use of reclination pads**. (The Becker-Model has no reclination pads).

The corset construction consists mainly of **pressure zones** (pads) and **expansion zones** (spaces) which act upon the body.

The pads exert pressure on the bowed body parts to move them in the direction of the expansion zones. (The expansion zones create space between the corset and your body, but they are necessary for body correction).

The passive pressures become **active** through **guided growth** and are supported by specialized **physical therapy** (e.g. Schroth therapy).

## Risk Disclosure

- Excessive warmth (e.g. Sun, open flames etc.) can damage corset form.
- Clothing may exhibit excessive wear particularly from abrasion with reclination brackets and corset edges.
- The corset should not come in contact with acids, salt water, etc.
- Skin irritation can develop due to excessive sweat build-up in the corset.
- Body growth in girth and height could cause the pads to lose their effectiveness, resulting in too much or too little pressure in the pressure zones (pain, pressure spots, deformation, diminished correction, or changes in the skin), or pressures might be applied too low (possible cessation of correction or worsening of scoliosis).
- Allergic reactions can be caused by sensitivity to materials.
- Prolonged failure to engage in physical therapy (e.g. Schroth therapy) can contribute to increasing trunk muscle weakness.
- Coloured corsets can leave stains on clothing or bed linens.

**In the case of questions or problems, please contact your orthopaedic technician or your doctor immediately.**



## *Scheuermann's Disease – Definition*

Growth related increased kyphosis of thoracic vertebrae, the thoracolumbar junction, or lumbar vertebrae (lumbar Scheuermann's) with growth abnormalities on the upper and lower vertebral end plates resulting in thinning intervertebral discs, wedge-shaped vertebrae, and humpback formation.

Boys are affected more often than girls.

### **Pathogenesis (development of disease)**

Eventually wedge-shaped, deformed growth of the vertebrae occurs. Intervertebral discs break through the vertebral end plates as well as through the Annulus Fibrosus (Schmorl's nodes).

In advanced Scheuermann's Disease, the intervertebral spaces are diminished, and the Vertebrae demonstrate increased growth in width and depth.

Kyphosis of thoracic vertebrae is increased or lumbar lordosis is decreased in the case of lumbar disease. In as early as the third decade of life, movement of the affected spinal segments can be significantly limited.

(source: Fritz U. Niethard, Joachim Pfeil – translated)

