

LUMBAR/BACK BRACE

Things you CAN/SHOULD do while wearing your brace:

- 1) Wear your brace anytime you are up and active, if you desire.
- 2) The brace should be worn over a shirt to avoid any discomfort and excess dampness.
- 3) Wear your brace anytime you are riding as a passenger in a vehicle.

Things you SHOULD NOT do:

- 1) Do not take your lumbar brace to the hospital. Leave it at home, and start to use your brace once you leave the hospital.
- 2) Do not shower in your brace.
- 3) Do not sleep in your bed with the brace on.

Depending on what surgery you had, you may need to wear your brace for up to a few months. The brace is meant to support your muscles, not take their place.

Essentially, think of your brace the same way you think of your 'winter coat'. You wear your winter coat when you desire, and you remove your winter coat when you desire. These same is true for your lumbar brace. If you feel better wearing the brace, during a certain activity, please do so. If you feel better without the brace, during a certain activity, then it's perfectly fine to go without the brace for that activity. It is provided for your comfort, to allow you to be more active, with less pain. Use it as desired.