



The Polyjacket

The Polyjacket is a rigid brace that provides support for the thoracic, lumbar and sacral spine by preventing flexion (forward movement), extension (backwards movement) and rotation (sideways movement). You have been prescribed a Polyjacket by your Spinal Doctor to manage your upper and/or lower back injury.



Who will fit your brace?

- Your Polyjacket is a custom-made brace for your body, and will be fitted by an Orthotist from Royal Perth Hospital. Once you start to get out of bed and move adjustments may need to be made to the brace
- Only allow qualified people to adjust your brace. Please contact the Nurse, Physiotherapist or Orthotist to make any further adjustments.

When to wear your brace

- At your outpatient follow up appointment your Spinal Doctor will tell you how long to wear your brace for. This may be up to twelve weeks. An x-ray may be necessary before you are able to stop wearing the brace

The Polyjacket is to be worn

Anytime you are upright e.g. when having a shower; in the car; watching TV

The Polyjacket *does not* need to be worn

- When lying down flat on a bed
- At night time/when sleeping as long as you are flat in bed (please note you are allowed to have a pillow and to lie on your side so long as the bed is flat)



How to put on the brace

Depending on your injury your brace can be put on in lying or sitting – check with your Spinal Doctor or Physiotherapist.

Putting on the brace in sitting

You may require the assistance of one person

- From a lying position, bend up your knees and roll onto your side
- Drop your legs forward off the bed and push up into sitting



- In sitting open up the Polyjacket and fit it around your body ensuring it is the right way up
- Use the velcro straps and clips to fasten the front of the brace
- You can now get up and move safely



Putting on the brace in lying

You will require the assistance of one to two people

- The brace must only be changed when you are lying flat
- Bend up your knees and roll onto your side



- The person assisting you places the Polyjacket onto your back by gently pushing one side of the brace down and under your side
- Roll back onto you back
- You may need to roll onto the other side the bring the brace all the way around
- Use the velcro straps and clips to fasten the front of the brace
- You can now get up and move safely

To remove the brace

- If you are returning from the shower place a towel onto the bed before you sit or lie down and have a second towel ready to use for drying your body.
- If you have been permitted to remove the brace in sitting simply sit on the edge of the bed, unclip the front straps and remove the brace.
- If you are required to lie down to remove your brace, return to lying flat on your back and then unclip the front straps. Roll onto your side and have the person assisting you gently pull the brace back away from your body to remove it.



How to care for your brace

- If required the white plastic can be cleaned with soap and water then dried with a towel

Activities to avoid while wearing your brace

- Driving a motor vehicle
- Physical sports and running – avoid any jarring or high impact activities
- At risk activities including riding a bicycle or skateboarding
- Heavy lifting, pushing or manual work
- Check with your Spinal Doctor before resuming any of these activities
- Be careful around small pets and children. Keep your environment free of obstacles such as mats, cords and rugs that you may trip over.

Additional Information

- It is important to always wear something under your brace (unless you are showering)
- Clothing worn under the brace should be closely fitted, for example a singlet or form fitting T-shirt
- Wear loose, easy fitting clothes over your brace if you need
- Wear comfortable practical shoes (avoid thongs, high heels or shoes that have a slippery sole)
- *Check your skin daily* for any areas of redness or irritation. Should your skin become red or blistered please contact the Orthotics Department on the number below for an urgent review

Any Further Questions/Contact numbers

Before you leave hospital please ask your Nurse, Spinal Doctor, Physiotherapist or Orthotist should you have any further enquiries or questions

After your discharge from Royal Perth Hospital all brace inquiries should be directed to **South Metropolitan Orthotics Department Phone: 6152 7450.**