

Fabric Supports

You have been prescribed a fabric support. It has been manufactured for your specific needs by your Orthotist.

Fabric supports are used to:

- Assist weak muscles
- Support the spine
- Support hernias

Putting on your fabric support

Your support should be put on standing or lying down as shown by the Orthotist.

Try to ensure it is central and if it has steels at the back ensure these are on either side of your spine.

Fasten the bottom strap and work upward, this will ensure proper placement of the support is maintained. The straps should be pulled snug to ensure the support doesn't move around.

It is usual to have some mild red marking to the skin as you begin wearing your support. In some cases it may be helpful to wear a thin fitted cotton t-shirt to provide a barrier to the skin, to protect against rubbing.

If marking persists 40 minutes after taking your support off, or you notice any worsening symptoms please contact the orthotic department for a review.

How long do I need to wear the support for?

Always take time to get used to your support, wearing it in gradually.

It is most important to wear it when you need extra support, for example when you are shopping, gardening or when you are in pain; unless specified by a medical practitioner.

You should not wear your support when lying down unless specified by a medical practitioner.

Looking after your fabric support

You will need to look after your fabric support and wash it

- If the support has metal steels remove these prior to washing
- Hand wash in warm water and suitable detergent
- Lay flat to dry, do not use a heat source

Prescription charge

For each fabric support a prescription charge must be paid unless you are exempt. As this charge and exemption varies please discuss it at your appointment.

What happens if I have a problem?

If you are concerned about the condition, fit or fitting of your support or if you require any further assistance, please contact:

Orthotic Department

Orthotic Department
Rotherham Hospital
Moorgate Road
Rotherham
S60 2UD
Tel: 01709 304385

Your Orthotist is:

