

Scoliosis and kyphosis braces

What are scoliosis and kyphosis braces?

- Both braces are called TLSOs. A TLSO is a thoracic lumbar sacral orthosis.
 - Thoracic means upper back.
 - Lumbar means lower back.
 - Sacral means the tail bone.
- Scoliosis braces help spinal curves that go from side to side.
- Kyphosis braces help spinal curves that go from back to front.

How do the braces work?

All types of scoliosis and kyphosis TLSOs put pressure on parts of the body to help the abnormal curves become straighter and more stable.

- When and how long the brace is used each day depends on:
 - Your child's age.
 - The type of curve.
 - How big the curve is.
 - The type of brace your child was prescribed.
- The goals of scoliosis bracing are to:
 - Keep curves from getting worse.
 - Prevent or delay surgery.

Who will treat my child?

- An orthotist will treat your child. Orthotists measure, design and fit braces.
- Your child may also need to see a physical therapist. This is to help manage your child's posture.

What can I do to help prepare my child for the visit?

- Most often, your child has already had several X-rays of their back. **Please ask for a copy of the X-rays and bring them to your child's orthotist visit.**
- Your child's doctor will place an order for the brace or physical therapy (PT) if needed.
- If your child needs a brace, then the orthotist will measure your child. The orthotist may take a cast or scan of your child's back and chest. Most often, this takes less than 1 hour.

How do I use the brace?

Talk with your child's orthotist about how to put on and take off your child's brace.

- First, make sure your child's skin is clean and dry. You may use baby powder on their skin if needed.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

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- Then, put on a clean brace undershirt. Ask the orthotist for some body shirts for your child to wear (or you can buy your own).
 - Look for shirts that are long, seamless and tight-fitting.
 - You can buy these types of shirts on websites like Amazon or Knit Rite.
- Put on your child's brace as advised by the orthotist.
- Fasten the closures of the brace. Your child may need help with this if they try to do it on their own.
- An older child should be able to remove the brace on their own.

What else do I need to know to use the brace?

- Over time, increase how long your child uses the brace each day. Ask your child's orthotist for instructions.
- It will take your child about 2 to 4 weeks to build up to the wear time needed each day.
- How well the brace works depends on how many hours each day that your child wears the brace.
- It is very important that your child wears their brace for the number of hours advised by the doctor every day (after they get used to it).
- Check your child's skin each time they take off the brace. If your child wants to check their own skin, tell them to use a mirror to check their back side.
- Look for signs of skin problems, such as:
 - Blisters.
 - Redness or white areas that do not fade within 30 minutes.

How do I keep the brace clean?

- Each day, dampen a washcloth with rubbing alcohol and clean the inside of the brace.
- Make sure the brace is completely dry before putting it back on your child.
- Wash your child's body shirts as advised on the package they came in.

What are the risks?

Proper use of the brace may help prevent your child's curve from getting worse or needing surgery.

The brace may also:

- Limit deep breathing.
- Limit some shoulder and hip motion. At first, your child may lean forward while wearing the brace.

Also:

- Make sure the brace has a snug fit. A loose brace often causes more problems and will not help the curves.
- Do not use the brace for any other reason than to control spinal curves. This may cause injury to your child or damage to the brace.

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- Follow up with the orthotist every 3 months or anytime your child cannot wear their brace. Your child's orthotist will check the fit of the brace and adjust the brace if needed.

When should I call Orthotics?

- Call Orthotics if your child has any numbness or tingling in their arms or legs. Also call if they have any skin problems or if the brace does not fit well.
 - To schedule a visit, please call 404-785-3229.
 - On weekends or holidays, have your child wear the brace as tolerated. Then, call the next business day.
- Signs of skin problems may include:
 - Redness that does not fade within 30 minutes.
 - White areas or blisters.
 - Hard skin or calluses.
- Call Orthotics if you have any questions or problems with your child's brace.
 - Call if you have concerns about how the brace fits.
 - The fit may change due to your child's growth or other physical changes.
 - If your child needs a new brace, the doctor will need to write a new prescription.

How do I reach Orthotics?

Orthotics addresses are listed below. **To reach Orthotics by phone, please call 404-785-3229.**

Children's at Meridian Mark
5445 Meridian Mark Road NE
Suite 200
Atlanta, GA 30342

Children's at Town Center
605 Big Shanty Road NW
Suite 100
Kennesaw, GA 30144

Children's at Duluth
2270 Duluth Highway 120
Suite 200
Duluth, GA 30097

Children's at Fayette
1250 Highway 54 East
Suite 200
Fayetteville, GA 30214

Children's at Forsyth
410 Peachtree Parkway
Suite 300
Cumming, GA 30041

Center of Advanced Pediatrics
2174 North Druid Hills Road NE
6th floor
Atlanta, GA 30329

Children's at Old Milton Parkway
3300 Old Milton Parkway
Suite 370
Alpharetta, GA 30005

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

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