



CORSET

Your corset has been prescribed by your Physician to provide support and limit motion of your spine.

The corset provides support by being worn snugly. When lying down it is not usually necessary to wear your corset. On the occasion, however, your physician may ask you to use your corset even when you sleep. This depends on your medical condition.

- Open the corset fully (both straps and laces) before putting the corset around yourself.
- Place the corset around yourself and fasten in the front. Be sure to have the corset on right side up. (Usually, the label is attached to the edge of the garment).
- Check the bottom back edge of the corset; it should be over the top of the buttock line.
- The front of the corset should encompass the entire abdomen. Your abdomen should not protrude out from under the bottom of the corset.
- Tighten the corset by pulling straps from the bottom up. Pull the left and right straps forward at the same time. This is much easier if done while you are lying down.
- Tighten the corset as tight as you can comfortably wear. The snugger you wear the corset, the more support it gives.
- Your corset should be washed in mild soap and dried flat. DO NOT wash the corset in the washing machine or put it in the dryer.
- Your corset may tend to ride up. Wearing stockings attached to the garters should help this problem.
- Remember to use the corset as a tool. It will help you to accomplish your daily activities safely and hopefully with less back pain.
- Wearing a cotton T-shirt under the garment will help keep it cleaner longer and keep you cooler while wearing it.

Upon occasion, alterations (i.e. shortening) may become necessary. With this alteration, additional charges may be incurred.

If you have any questions or concerns about your corset, please contact your Orthotist.

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