

3-Point Extension Spinal Orthosis (Jewett and ACE Types)

General Description:

The 3-point extension spinal orthosis is typically used to treat kyphosis and anterior compression fractures of the thoracic and thoracolumbar areas of the spine. It consists of an aluminum frame with chest, pelvic, back, and side pads. The 3-point extension spinal orthosis prevents forward flexion of the thoracic and thoracolumbar spine.

Application:

- Put on a clean t-shirt. Avoid shirts with buttons down the front, such as polo or golf style shirts.
- Apply the frame of the orthosis on the front of the body about 2 inches below the collarbone (see figures 1 and 2). The bottom pad should be at the pubic bone.
- Bring the strap and back pad around the back so the pad lies in the middle of the back (see figure 3).



Figure 1 (Jewett)



Figure 2 (ACE)



Figure 3 (back pad)

- Attach the strap:
 - Jewett – Hook the plastic buckle of the strap over the metal knob on the right side of the orthosis (see figure 4). Then on the left side, flip the metal bar back and down (see figures 5 and 6) supplying tension to secure the strap.



Figure 4 –right side



Figure 5 – left side



Figure 6 – left side

- CASH – Slide the strap through the slit on the front side panel and then through the metal loop in the middle. Fold back and secure the Velcro strap (Figures 7 and 8).



Figure 7



Figure 8

Removal:

- Jewett: Push metal bar up and forward to release the extra tension. Then undo the strap on the other side.
- CASH: undo Velcro closure
- Release the back strap and pad, then remove orthosis.

Cleaning and Maintenance:

- One way to clean the brace is to spray the pads with rubbing alcohol and wipe dry to remove body oils and residue. A damp towel and anti-bacterial soap, or anti-bacterial moist towelettes can also be used to clean the orthosis.

Tips and Problem Solving:

- The brace should be worn snug, but not so tight as to cause an increase in pain.
- If the orthosis migrates and feels like it is “choking” you when sitting, the back strap is too loose. Tighten the strap.
- Do not remove the brace unless instructed to do so by your doctor or orthotist.
- If there are any problems, questions or concerns regarding the brace, please contact your orthotist.