

Pain Relief Back Brace

# SpineCor



A new and innovative approach to  
Spinal Treatment In Adults



## *What is The SpineCor® Pain Relief Back Brace?*

It is a new and innovative approach to spinal treatment in adults, providing pain relief and postural rehabilitation.

Clinical experience during the two year development of the brace involving 200 patients demonstrated pain relief within a few hours of being fitted in some cases, with 90% of patients reporting pain relief within six weeks of use.

The brace is typically worn 8-16 hours per day in order to initiate changes in posture. After several months of wear, it is often possible to reduce the wearing time and maintain the same level of pain relief.

*The SpineCor® Pain Relief Back Brace is primarily aimed at treating back pain caused by:*

- Adult De-novo Scoliosis
- Degenerative Adolescent Idiopathic Scoliosis in Adults
- Chronic Antalgic Scoliosis
- Spinal Stenosis related to spinal misalignment
- Hyperkyphosis
- Postural Scoliosis
- Post Traumatic Scoliosis

*Bringing Movement  
to your life...*



## What is Scoliosis?

Scoliosis is principally a sideways curvature combined with a corkscrew-like rotation of the spine.

There are two main types of scoliosis which affect adults:

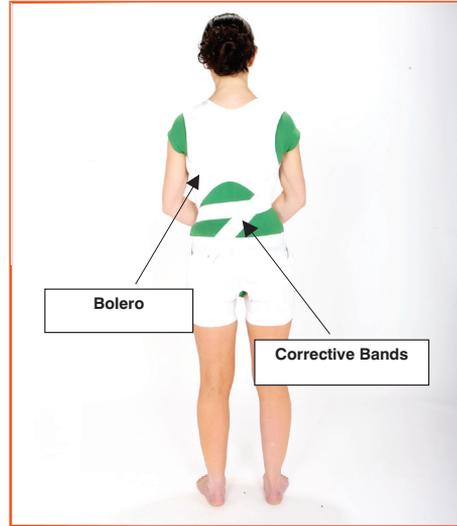
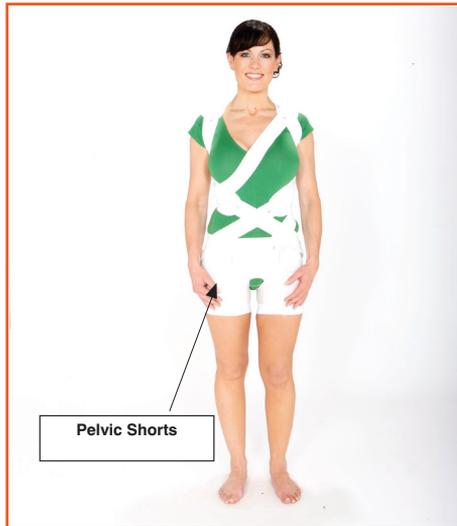
i) Degenerative Adolescent Idiopathic Scoliosis  
(adult degeneration of a curve that develops in adolescence)

ii) De-novo Scoliosis  
(a degenerative scoliosis spontaneously occurring in adult life)

## What is Hyperkyphosis?

Hyperkyphosis is a condition where the curvature in the thorax increases, causing a round back and stooping forwards. Such deformities can develop during growth as a child and worsen during adult life, but often the onset is the result of degenerative changes later on in life. The poor posture created by Hyperkyphosis often causes pain, stress fractures are frequently associated with this deformity.

## SpineCor® Pain Relief Brace Components



The SpineCor® Pain Relief Back Brace is made up of two sections: The first section consists of the **pelvic shorts (1)**. The shorts act as an anchoring point and supports the actions applied to the patient's trunk by the elastic corrective bands.

The second section consists of the **bolero (2)** and the **corrective bands (3)**. This is designed to apply the corrective movement to the scoliosis. The fitting of the corrective bands is specific for each patient and depends on the patient's type of curve/spinal deformity.

## Treatment Objectives

**1. Pain:** The primary treatment of the SpineCor® Pain Relief Back Brace is pain relief, however postural improvement is directly related to pain relief and is therefore an added benefit.

**2. Posture:** The postural changes achieved using this brace are patient specific and are defined by the clinical and radiological features of the patient's condition. Often, changes in posture will result in a reduction in pain and help prevent a worsening of the scoliosis.

**3. Progression:** Changes to the patient's posture will help to prevent progression of the scoliosis curve and can sometimes even reduce the curve slightly. In all cases, x-rays are advised to optimise treatment. Please note, significant correction of Cobb angles in adults will rarely be possible and should not be a significant treatment objective.

## SpineCor® Treatment

A series of evaluations will be carried out during treatment :

### **X-ray evaluation:**

X-rays are required to evaluate the patient's type of curve and its potential for progression. Additional pre-bracing x-rays may need to be taken, depending on the x-rays which may already be available.

### **Postural Evaluation:**

A visual evaluation of the spine and taking of simple measurements, using a laser plumbline, scoliometer, protractor and ruler.

### **SpineCor® Assistant Software (SAS):**

This will evaluate and calculate the patient's specific curve classification. The software will also specify the exact brace fitting details.

When the SpineCor® brace has been fitted a clinical evaluation will be carried out to evaluate the changes to the patient's spine and posture.

Patients will be shown how to fit and take off the brace (don't worry, it is very easy!).

It is recommended that patients visit their clinician for regular readjustments to the brace for the duration of their treatment.

If it is required, patients may also be prescribed a shoe lift at the time of the brace fitting.

### **Physiotherapy**

To further enhance and improve the treatment, we may recommend that the patient undergoes a physiotherapy programme.

SpineCor® Physiotherapy Programs have been designed to complement the effects of the brace and reinforce the treatment. Patients treated with the SpineCor® brace must only carry out the exercises exclusively designed for their type of scoliosis curve to avoid interfering with the action of the brace.

## Frequently Asked Questions

### How does the SpineCor® Pain Relief Back Brace work?

It changes the patient's posture from one which mechanically drives progression of the curve to one that minimises it. This is achieved by postural rehabilitation which not only changes posture and spinal shape but also spinal loading, therefore reducing pain often caused by abnormal spinal loading.

### How long does it take for assessment, fitting and delivery of a SpineCor® brace?

This depends upon the complexity of the case, but anything from one and half hours to three hours.

### How long do patients need to wear a SpineCor® brace for?

This depends upon the severity of the problem and the treatment objective. Generally there will need to be some intensive periods of wear followed by a reduced period of daily wear. This can vary from a few hours a day to virtually full time.

### How often do patients need follow-up appointments?

For adults an initial follow-up is generally recommended between 6 weeks and 3 months, following this 3 – 6 monthly reviews may be advised depending on the severity of the problem.

### Is Physiotherapy necessary with SpineCor® treatment?

No. SpineCor® treatment may in itself be considered a physical therapy which in most cases is sufficient. However, if additional physiotherapy is considered beneficial then it will be prescribed.

### Can patients still exercise while wearing the brace?

To optimise the dynamic effect of the brace, we would encourage patients to perform any type of sport WEARING the brace (except for swimming).

### Will I be able to put on and take off the brace easily myself?

In most cases yes, although the brace may look complicated even the very elderly learn to self fit their own brace very quickly. A small number of patients with very severe disability may require assistance. Total mobility to fit the brace is a treatment contra indication and this is already considered as part of your initial assessment.



For more information, contact your local  
SpineCor® Provider



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