

## Corset Care and Use Instructions

A Corset is often prescribed to help lower and mid level back pain. It works by supporting the back and abdominal muscles, which allows them to rest and heal. It also limits motion in the painful region of the back.

### How To Use Your Corset

- Wear a snug fitting cotton tee shirt under your Corset; it will absorb perspiration, protect your skin and keep your Corset clean.
- Wear your Corset as low as possible on your torso. If the Corset has plastic or metal stays, make sure they remain parallel to your spine.
- Wear the Corset as snugly as possible; this will provide the maximum support to your stomach and back.
- Corsets have a tendency to “ride up” on your body as the day progresses (as you sit, your hips tend to become wider and push the Corset up). You will need to readjust your Corset through out the day to ensure proper positioning.
- Fasten the snaps or hook and eyes on the front panel; starting at the bottom and working your way up. It may be easier to fasten the Corset if you lie down ( because your stomach flattens).
- Tighten the side adjustment straps; starting at the bottom and working your way up to the top strap.
- To remove your Corset, reverse the above procedures.

### How to Care for Your Corset

- Clean your Corset at least once a week by hand with warm water and mild soap, rinse well to remove soap residue. Air Dry! Do not put Corset in the Dryer!
- Or follow the washing instructions on the tag sewn into the Corset.

### Important Notes

A Corset is a very specialized device. It is VERY important to keep all follow-up appointments made by your orthotist. Please call and schedule an appointment if any unexpected problems occur.

### Special Instructions (if Applicable)

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