

cmp brace

CORRECTIVE MOVEMENT PRINCIPLE



Patient information



Your New CMP Brace

Your CMP Brace has been specifically designed to optimally control YOUR spinal curvature and should never be worn by anyone else. This leaflet provides general information and advice on looking after your brace.

Initial Fitting of your CMP Brace

- Your brace **MUST** be fitted by a healthcare professional specifically trained in the art and science of scoliosis bracing.
- Your healthcare professional will carefully check your brace to ensure it provides optimal correction and comfort. If necessary, your brace will be adjusted before it is supplied to you.
- The degree of correction provided by your brace may need to be modified during future review appointments to maintain optimal correction. It is therefore, important that you attend regular reviews as advised.
- Specific weaning-in instructions will be provided by your healthcare professional.

Putting on your CMP Brace

Your healthcare professional will show you how to put on your brace, but you should follow this simple guide:

- Wear an undergarment under your brace (e.g. a close-fitting cotton T-Shirt or body stocking). A body stocking is provided with your brace for this purpose.
- Open the brace and put it around you, positioning the waist section between your ribs and top of your pelvis.
- It is essential to tighten your brace when laying down, so lie down on a firm surface and bend your knees.
- Stretch yourself as much as possible,
- Slot the plastic belt through the loop and loosely fasten the Velcro straps through the loops.
- Working upwards from the lowest strap, fasten the straps firmly.

For the first few weeks of wear, your brace may be fastened progressively tighter as you move into the corrective position within the brace.

Wearing your CMP Brace

The CMP Brace should be worn for **20 hours a day**; however, a weaning in period is necessary. You should gradually build up the amount of time you wear your brace over 5-7 days.

The brace may be removed for sports, dance and physical therapy exercises if prescribed, respecting the maximum 4 hours brace free time per day.

You are advised to gradually increase the tension in the straps over the first two weeks to the maximum shown to you during initial fitting. Your healthcare professional may provide you with a more detailed weaning or tensioning program specifically tailored to your needs.

Your brace will feel tight at first, however this will improve over time.

Whilst it is normal for some redness to appear when wearing your brace, this should gradually fade after removing your brace. If any marks become significantly redder or do not fade, or if you have skin breakdown, please contact your healthcare professional, who will be able to help with this.

Caring for your CMP Brace

It is important to follow these guidelines on caring for your new brace:

- Your body stocking/undergarment should be changed daily to reduce the risk of skin irritation.
- The inside of your brace should be wiped daily with a damp cloth and the plastic parts of your brace should be cleaned with a mild soap solution (ensuring any residue is wiped off with a damp cloth to avoid skin irritation).
- Allow the brace to dry completely before wearing it again.

Successful Brace Wearing

You will need regular reviews with your healthcare professional to adjust your brace as you grow and to replace it when outgrown.

We recommend that review appointments are held 1 month after you receive your brace and every 3-6 months thereafter. Your healthcare professional will advise after each review when your next review should take place depending on your specific needs.

Your brace may be fitted with extra padding during these review appointments to increase your body's corrective movement.

If you have any questions about your brace, please contact your healthcare professional.



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For more information contact your local CMP Brace provider:

Designed by:

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