

## Using your corset

Your physiotherapist has provided you with a corset which is used to support your lower spine whilst allowing you to move comfortably. It is usually worn under your clothes, over a thin vest. This factsheet explains the most important points about fitting and using your corset.

### To put the corset on:

You may put the corset on either when lying down or sitting up.

### Lying down

- Place the corset opened out flat across the bed with the label at the top
- Lie on top of the corset with the central support along the length of your spine and the bottom of the corset level with your tail bone
- Bring the sides of the corset around you, wrapping the right side over the left firmly to give as much support as is comfortable
- Additional support can be provided by adjusting the two Velcro side straps
- Sit up and adjust for comfort
- It should feel comfortable but not restrictive.



### Sitting down

- Open the corset
- Position the central support along the length of your spine, as explained above
- Bring the sides of the corset around you, wrapping the right side over the left firmly to give as much support as is comfortable
- Additional support can be provided by adjusting the two Velcro side straps
- Adjust for comfort
- It should feel comfortable but not restrictive.



## To take the corset off:

The corset can be removed in either a sitting or standing position by pulling open the Velcro fastening.

## Caution

- It is not necessary to wear the corset at all times - it may be removed or loosened for exercising or when eating
- Do not wear it at night unless you have been instructed to do so
- It should not be tightened so that it becomes uncomfortable for you to sit or breathe deeply
- When the corset has been removed, check your skin for any signs of pressure or rubbing.

## Care and maintenance

- Hand wash in cold water using mild soap
- Do not bleach or tumble dry - air dry only
- Avoid direct heat or sunlight.

## Contact details

If you have any concerns about your corset, please contact:

Senior Physiotherapist.....

Chelsea 020 7808 2821 (answerphone)

Sutton 020 8661 3098 (answerphone)

