



FREQUENTLY ASKED QUESTIONS

Back Brace

1. Are you supposed to wear a back brace over your clothes?

Always wear something under the brace to prevent irritation.

2. When should I not wear a back brace?

If you have pain while resting, you should NOT wear a back brace because it becomes less beneficial and overusing a back brace can weaken your postural muscles, making your spine more prone to further injuries. If you are having mild pain or no pain at all, you should not wear a back brace.

3. When should I wear a back brace?

A back brace for muscle injury or weakness is generally recommended to offer support.

4. How long should I wear the back brace?

You can wear it as a preventive support *if your nature of work requires lifting heavy objects or sitting for prolonged periods of time*. Never exceed greater than 6 hours a day using the brace.

5. Can you drive with a back brace?

You should avoid driving, even if it's a soft brace or bandage, since your range of motion is still restricted.

Cervical Brace

1. What are the restrictions for a cervical collar?

Don't lift more than 10 pounds; in other words, don't lift anything heavier than a gallon of milk. Don't drive with your neck collar on. Don't do any activity that involves pushing, pulling, or twisting.

2. How many hours a day should you wear a neck brace?

As a general rule of thumb, you should wear a soft cervical collar for no more than four hours at a time in order to allow your neck muscles to rest and avoid further injury.

3. What is the best position to sleep with a neck brace?

The best sleeping position with a cervical collar is on the back.

4. Some conditions that may require the use of a cervical collar include the following:

- a. **Whiplash and trauma.** If you've been in a car accident or sustained another kind of injury, such as a fall, a cervical collar may protect your neck and prevent further injury.
- b. **Nerve compression.** Cervical collars are occasionally used to reduce pressure on the nerves in the neck.
- c. **General neck pain or stiffness.** A cervical collar may help to take some strain off your neck muscles.

Knee Brace

1. Should you wear a knee brace while sitting?

You shouldn't wear a knee brace when sitting still or sleeping. You don't have to wear a brace just because you have knee arthritis. You should only wear one if it decreases pain with activity and helps improve motion.

2. Why should I wear a knee brace?

Wearing knee braces is often vital for those who regularly exercise with injured or weaker knees.

3. What are the benefits of wearing a knee brace?

- a. Increased joint stability.
- b. Reduced chances of strains or sprains.
- c. Protection against injuries/inflammation.
- d. Promotes healing.

4. How long should I wear my knee brace?

You should only wear the brace when doing activities that causes pain or strain to the knee.

Wrist Splint

1. Should I wear my wrist splint all day?

The working wrist splint is designed to be worn during the day, particularly during activities which you know make your symptoms worse.

2. Should I wear my wrist brace to bed?

Yes; it keeps the wrist in a neutral position that decreases the compression on the nerve.