

Cleaning and maintenance

- Do hand wash
- Do use a non-biological mild detergent
- Do not use a fabric conditioner
- Do not bleach
- After laundering, wrap the garment in a towel to absorb moisture and allow to dry naturally
- Do not tumble dry
- Do not dry in direct sunlight
- Do not dry on a radiator
- Do not iron

You should keep your support in good repair. The Orthotics Department can repair it, e.g. replace worn fastenings or elastics. Please return it clean.

Eligibility

You are entitled to two functional corsets. If you wish to own more corsets above your NHS entitlement, you may do so by paying. Please contact the department for a quote and advice.

Contact us

Orthotics Department
South Block
Royal Berkshire NHS Foundation Trust
London Road
Reading RG1 5AN
Tel: **0118 322 7552**

Your Orthotist is:

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To find out more about our Trust visit
www.royalberkshire.nhs.uk

**Please ask if you need this information
in another language or format.**

NHS Orthotic Managers Group, May 2023
Next review due: May 2025



Royal Berkshire
NHS Foundation Trust

Guidelines for the use of corsets

Information for patients

Department of Orthotics

This leaflet gives advice to patients who have been supplied with a corset from the Orthotics Department.

What is a corset?

A spinal corset or abdominal support is usually made with fabric materials and prescribed to provide control and support to the spine and pelvis.



A corset has many aims:

- To steady and limit motion of the joints, ligaments and muscles in your back.
- To support weak muscles.
- To support vertebrae which have structural weakness.
- When there is an abdominal hernia that needs supporting to prevent it increasing in size.

Fitting instructions (spinal corset)

Make sure the rigid steel struts are shaped to follow the shape of your back and inserted into the casings provided.

- Centralise the garment to your back at the waistline and secure the fastening ie one strap or hook and eye to hold the corset in the correct place.
- Loosely fasten all straps, hooks & eyes or zip from the bottom edge upwards.
- Check that the corset is still centred correctly, and then tighten up the straps or lacing, once again starting at the bottom edge. This helps to lift the abdomen into the correct position.
- Next, fasten and tighten the band and strap to give pressure to the lower back and abdomen.

Fitting of abdominal corsets

For reducible hernias, it is necessary to lie on a bed and ensure the hernia is massaged into the abdomen. Position any pads correctly, and then fasten the corset as above.

Wearing your corset

Your corset should only be worn when it is needed, e.g. when undertaking strenuous activities. **Your corset should not be worn all the time**, as your body will become reliant on the corset and eventually become weaker.

The corset should be comfortable and giving the correct amount of support.

Allergies

Please be aware of allergies that may occur when your skin comes into contact with metals, rubber, plastic, natural and man-made fibres. If you have any problems with your corset, discontinue use and contact the department for a review appointment.

If you have any questions regarding your corset then please contact us on the telephone numbers at the back of this leaflet.