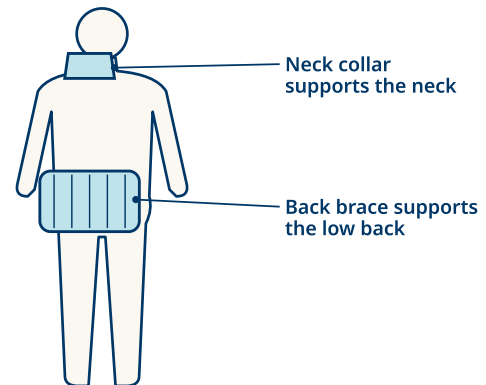


Back & Neck Braces

What it is

A brace supports your back or neck. It may limit painful movement while you heal from an injury, a fracture or surgery. Braces are usually used for a short time.



Why it is done

- Vertebral compression fractures
- After certain spine surgeries
- Short-term relief during an acute pain episode

Self-care tips

- Wear the brace only as directed.
- Check your skin daily for red spots or sores under the brace.
- Wear a thin cotton shirt under it.
- Keep doing the exercises we give you, so muscles stay strong.

What to expect

Before: The brace is sized and adjusted to fit you.

During: Wear the brace only as directed: when, and for how long each day.

After: Slowly wear it less over time, as your provider tells you.

When to call us

- Skin sores, blisters or rubbing that does not go away
- Pain, numbness or weakness that gets worse
- The brace no longer fits

Call 911 or go to the emergency room for loss of bladder or bowel control, numbness in the groin or inner thighs, or sudden leg weakness.

Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

Our 7 offices: Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

gsmedicalcenter.org/treatments/back-neck-braces/



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This handout is general information and is not a substitute for medical advice.