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Spinal Bracing/Spinal Orthosis

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Spinal orthosis refers to a spinal brace. The use of an orthosis is usually performed to reduce painful movements and reduce the risk for spinal injury. Special rigid braces are sometimes used for the care and treatment of scoliosis. The most common spinal area to be braced is the low back. The risks associated with long-term bracing include spinal muscle deconditioning and spinal segment stiffness. The appropriate brace applied for the right period of time while reducing risk for re-injury. Spinal bracing /support may be used for a short period to help an individual develop appropriate body mechanics. Spinal bracing is used after operations, particularly for spinal fusion.