



Spine Institute of Arizona

BRACE WEANING INSTRUCTIONS

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By the start of this brace weaning schedule, you should already be out of your brace while sleeping.

Week 1: Apply brace in morning as usual, wear brace for 6 hours. Remove brace and remain out of brace for approximately 4 hours. Reapply brace and wear it approximately 6 hours (until bed time). Remove it at bed time as usual. (A total of approximately 12 hours/day in the brace).

Week 2: Apply brace in morning as usual, wear brace for 4 hours. Remove brace and remain out of it for 8 hours. Reapply brace and wear it approximately 4 hours (until bed time). Remove it at bed time as usual. (A total of approximately 8 hours/day in the brace).

Week 3: Apply brace during your most active 4 hours each day. (Total of 4 hours/day in the brace).

Week 4: Apply brace only during periods of unusual activity or for protection in crowds. (Minimize brace wear to less than 2 hours/day).

Week 5: Discontinue brace wear. Keep brace in storage in the unlikely case it is needed again.