

Getting in and out of bed

- When getting out of bed, lie on your side. Use your elbow and your opposite arm to push yourself to a sitting position. Be careful not to bend or twist your neck or back.

Clothing

- Clothing is to be worn over your brace. A button down shirt is recommended for ease of dressing.

Contact your doctor or orthotist if:

- You are experiencing severe or abnormal pain.
- You are experiencing numbness.
- Something on the brace is malfunctioning.
- You are having a problem with the fit.
- You cannot sit down, eat or use the toilet properly because the brace is too restrictive.
- The brace is causing a sore or abrasion.

Precautions

The fitting instructions for this product are for the use of certified orthopaedic professionals only. Patients must not attempt to apply or adjust any brace unless expressly instructed to do so by the orthopaedic professional responsible for the prescription and/or initial fitting.

THIS BRACE IS DESIGNED FOR SINGLE PATIENT USE ONLY



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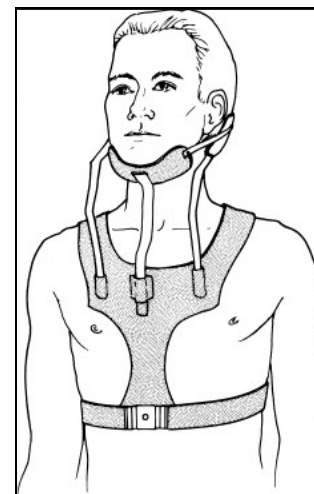
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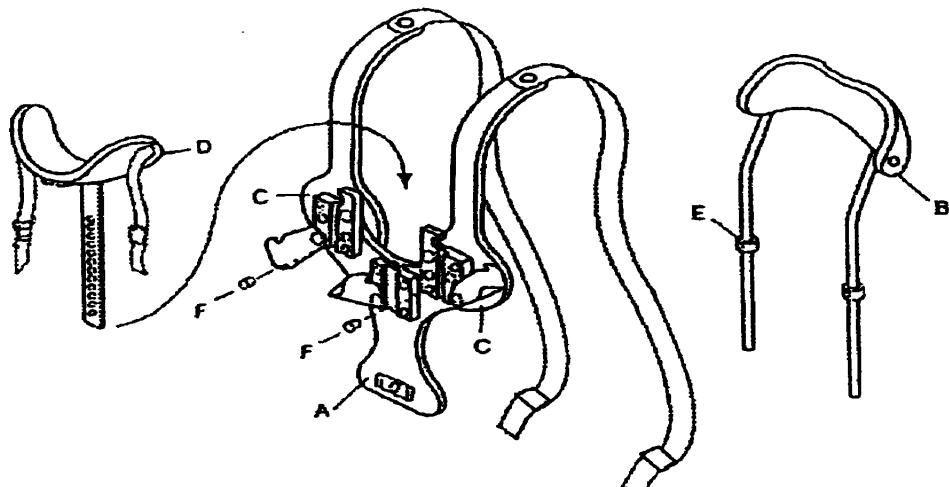


SOMI BRACE INSTRUCTION LEAFLET



Fitting Instructions

1. Fit chest plate A. Modify shape if necessary after first removing occipital component B, discs C, and mandibular component D. Bend horizontally to follow chest contour and vertically to conform to the sternum.
2. Reassemble discs C to chest plate using the two inner threaded holes for small patients or the two outer holes for larger patients.
3. Adjust angle of both shoulder supports so that each passes over the shoulder comfortably between the insertion of the trapezius and the acromion. Tighten screws to lock shoulder supports. Insert pointed setscrews F into the open threaded holes and tighten to prevent shoulder supports from rotating.
4. Fit occipital components B by adjusting and fixing stops E for proper elevation. Insert rod straps into the slots on the chest, close fasteners and bend posteriorly to position the occipital pad under the occiput.
5. Fit mandibular component D by positioning chin pad under chin at correct elevation. Fix in position by setting proper hole over pin. Mark selected hole by etching so that component can be replaced in proper position if it is removed. Close fastener.



WARNING: Failure to follow the installation and use procedures set forth above may lead to structural failure of the components subjecting the user to a risk of serious personal injury

A separate headband is included for use as an auxiliary support when the mandibular component is removed for eating, shaving etc. The headband attaches to the two snaps on the occipital component. The strap encircles the cranium and is maintained in position with a hook and loop closure.



Patient Information - Day to day activities

Your doctor has prescribed the SOMI brace to assist in healing your cervical spine (neck) during your recovery process. It is important that all directions given to you by hospital personnel, including, but not limited to; your clinician, nurse, physical therapist, occupational therapist, and orthotist, are strictly adhered to. This brace is designed to immobilise your head and neck while your injury heals.

Bathing

- You must bathe with your brace on.
- It is recommended that you sit on a hard chair while showering to avoid unnecessary bending or twisting.
- After washing with mild soap, it is essential that you run a towel under your brace to thoroughly dry the padding.
- It is recommended that you obtain the assistance of a second person to help with bathing activities.

WARNING: Do not remove your brace unless directed by your clinician. Removal of the brace may jeopardise your recovery or lead to a more serious injury.

Eating

- Eating with your brace on will be a challenge. Because of the nature of the head piece, you will not be able to bend your neck or open your mouth very wide. Remember to take small bites and use a straw for drinking liquids whenever possible.

WARNING: Do not pull on the head or chin piece.