

## **REFUND/RETURN POLICY**

Due to the inherent costs associated with custom fabrication, there can be no refund for a custom fabricated orthosis (including custom molded shoes and foot orthotics) unless the item is proven to be inappropriate at the time of fitting or substandard (less than full quality), in which case the manufacturer's warranty will be observed.

## **YANKE BIONICS'**

**Philosophy is that life should be lived to the fullest extent.**

**It's all about spirit.**

**It's about winning in life.**

**Its about Accepting No Limitations!**

If you have any questions or concerns, please call your local office.

If it is after normal business hours, please call 330-762-6411 and follow the prompts. The On-Call clinician will assist you.



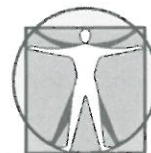
# **YANKE BIONICS**

PROSTHETIC AND ORTHOTIC PATIENT CARE

**Advanced  
Prosthetic and  
Orthotic Patient  
Care**

**Wear & Care of  
Your Custom**

**PROVIDENCE  
SCOLIOSIS  
ORTHOSIS  
(PSO)**



# **YANKE BIONICS**

PROSTHETIC AND ORTHOTIC PATIENT CARE

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[www.yankebionics.com](http://www.yankebionics.com)

Tel: 330-762-6411

Fax: 330-762-4110

## PROVIDENCE

### SCOLIOSIS ORTHOSIS

In accordance with your doctor's prescription, Yanke Bionics has fit you with a Providence Scoliosis Orthosis (PSO).

The orthosis is designed to attempt to halt the progression of your curve(s). Because of the mechanical principles utilized with this design, the PSO is to be worn at night only.

### PROPER DONNING

1. Always wear a clean white T-shirt under the PSO. It should be long enough to extend below the bottom of the orthosis. The T-shirt should be slim fitting and not too baggy. Loose fitting shirts worn under the orthosis can cause skin problems. Dyed or colored T-shirts are not recommended.
2. In the back of your orthosis, stamped into the plastic, is an arrow pointing up and the words "BACK". Prior to donning the orthosis, **make sure the arrow is pointing up!** Because of the unique design of the orthosis, it is possible to position it on upside-down, which would have the opposite effect on your curve and actually **increase it.**
3. There is a groove on one side of your PSO that should be positioned between the top of your hip and your lowest rib (waist groove). While standing, open the PSO and wrap it around your body so that the waist groove is properly positioned. You can loosely fasten the straps.
4. Lie on your back and tighten the straps to the marks that were placed on them.

\*If it is possible to tighten the straps beyond the marks placed on them without causing discomfort, it is advisable to do so.

5. If it is difficult to get the straps to the desired mark, wait approximately 10-15 minutes and re-tighten the orthosis.

## BREAK-IN SCHEDULE

In order for your PSO to be effective, it should be worn a minimum of 8 hours per night. The hours in the PSO need to be consecutive. Don the PSO and go to bed. You can sleep in any position that is comfortable. If you wake up during the night and cannot fall back asleep, it is ok to remove the PSO. You are permitted to remove the orthosis for the 1<sup>st</sup> week. After the 1<sup>st</sup> week, you must wear the PSO a minimum of 8 hours per night. If you are unable to achieve this break-in schedule due to discomfort, please contact your orthotist immediately and make an appointment to have your PSO adjusted. It is extremely important to be as exact as possible with the nature and location of the discomfort.

### CLEANING YOUR PSO

Immediately upon removal, the inside of your PSO should be wiped out with a damp washcloth. At least once a week, the entire inside of your PSO needs to be cleaned with soap and water. Please do not use any type of abrasive soap. It is extremely important that all of the soap is thoroughly rinsed from the PSO before it is re-applied. The orthosis should be towel dried (do not use a hair dryer). If it is cleaned in the morning, it will be totally dry before it is needed again that evening.

### SKIN CARE

When you remove your PSO in the morning, it is important to clean your skin. If possible, you should shower or bathe at this time. If circumstances do not permit this, then you should clean the area of your skin that is in contact with the PSO with soap and water. Baby wipes are also a suitable alternative for cleaning the skin. If you are unable to bathe or shower in the morning, please ensure that you do so daily. There may be some reddened areas on your skin from the PSO. These can be treated with rubbing alcohol. This will slightly toughen the skin and make it more acceptable to the pressure being applied.

## FOLLOW-UP

1. You will be seen again by your orthotist 2 weeks following the fitting of your PSO. Any "fine tuning" of the PSO will be done at this time. Your curve is likely to become more flexible once you begin wearing the PSO. Because of this, it is not unusual that the straps can be tightened to a greater degree.
2. Approximately 2 weeks after this follow-up appointment with your orthotist, you should return to see the physician that prescribed the PSO for you. An X-ray will then be taken in your PSO while you are lying down to get a "base line" of how your curve is responding to the orthosis.
3. Your physician will more than likely see you at anywhere from 3-6 month intervals. You should always take your PSO with you when you visit your physician. The majority of the X-rays following the initial one in your PSO will be taken standing with no orthosis on. In the event that your physician advises you that your curve has shown some signs of progression, another X-ray should be taken with your PSO on while lying down. You should then bring this X-ray as well as your past X-rays with you and schedule an appointment with your orthotist.
4. After your 2 week follow-up visit with your orthotist, you should plan on seeing them at least twice a year. If you find that your PSO is becoming increasingly uncomfortable or is no longer staying closed because the velcro straps have worn, you should schedule an appointment with your orthotist immediately.

If you have any additional questions or concerns, please feel free to contact your orthotist.