



ORTHOPAEDIC AND SPINE INSTITUTE

INSTRUCTIONS FOR WEANING OUT OF YOUR BRACE:

While wearing your brace, your muscles did not have to work as they normally do and now are deconditioned. When you initially stop wearing your brace, your muscles may become tired quickly. To prevent muscle discomfort, we will have you follow the time line below for weaning out of your brace:

You may completely STOP sleeping with your brace on.

The time line indicates the number of hours you will NOT be wearing your brace.

You should be completely out of your brace in 2-3 weeks.

	BREAKFAST	LUNCH	DINNER	EVENING
DAYS 1-5	1 HOUR	1 HOUR	1 HOUR	1 HOUR
DAYS 6-10	2 HOURS	2 HOURS	2 HOURS	2 HOURS
DAYS 11-15	3 HOURS	3 HOURS	3 HOURS	3 HOURS