

BRACEWORKS® PECTUS BRACE

THE CALGARY PROTOCOL

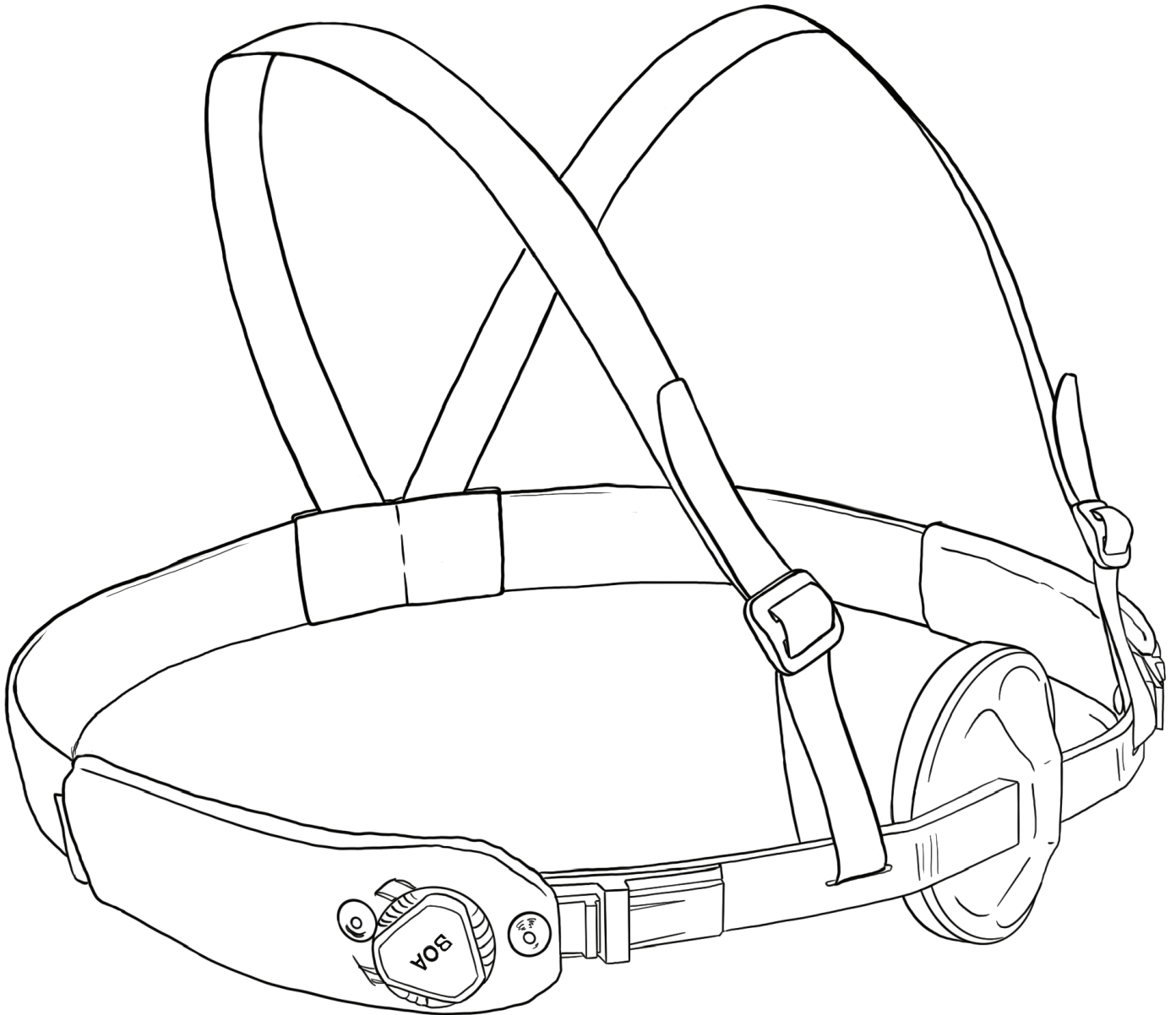


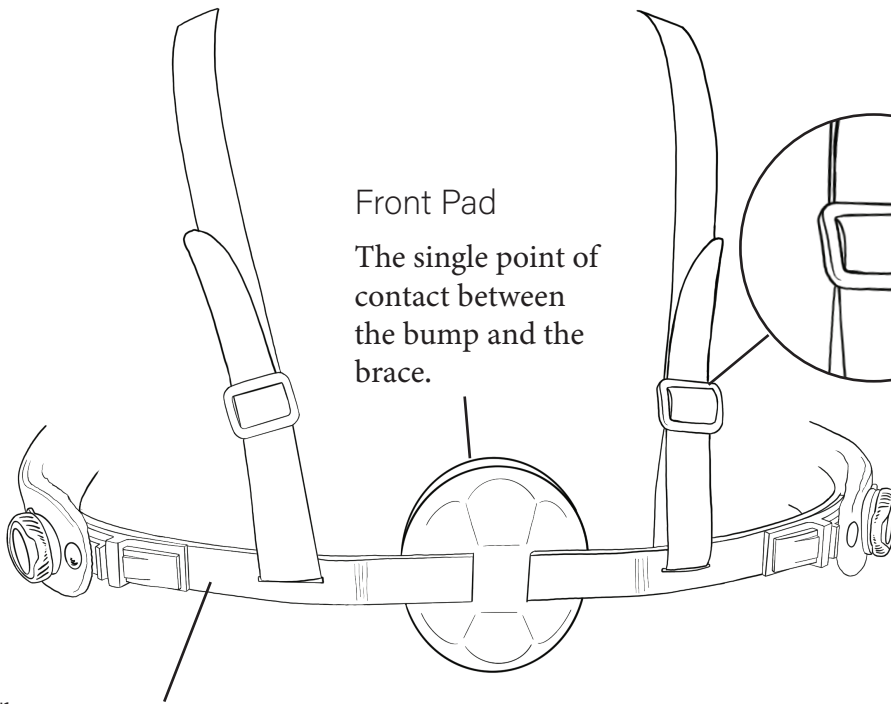
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BRACEWORKS® PECTUS BRACE

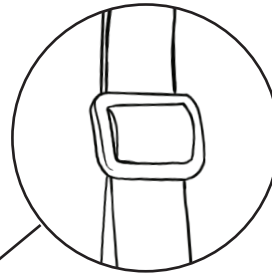
THE CALGARY PROTOCOL

Wearing Schedule		
Phase 1: Correction	Wear the brace at least 12 hours/day. You may reasonably expect the bump to correct within 2 to 4 months depending on the flexibility of your chest wall, your age at commencement of treatment and your adherence to the prescribed wearing schedule.	
	Day 1 Day 2 Day 3 Day 4	2 hours 4 hours 8 hours 10 hours
	Day 5+	12 hours
Phase 2: Maintenance	Ease into wearing gradually increasing the length of time each day getting comfortable with position, assemblies and degree of compression you apply.	
Phase 3: End of Treatment	For increased comfort wearing your brace during night time, you may consider purchasing an eggcrate mattress topper. Discontinue wearing the brace during the night time if it disturbs your sleep.	
Phase 2: Maintenance	As soon as the bump corrects, reduce your wearing time to 8 hours/day. If you notice the bump re-appear (eg: during a growth spurt, discontinued wearing during a vacation, camp, illness) simply increase your wearing time temporarily until the bump corrects again. Repeat, as required.	
Phase 3: End of Treatment	As long as you're growing, the bump may re-appear. To ensure long-term success, continue the maintenance phase of treatment wearing your brace 8 hours/day until you've achieved 12 months with no growth in your height.	
Activities	The benefits of maintaining your regular physical activities are very important to developing the core strength and stability that will contribute to your chest wall health. To avoid the risk of injury to yourself, another person or damage to your brace, remove your brace and store safely before engaging in activities involving contact with other people or hard surfaces (eg: skiing, snowboarding, skateboarding).	
Clothing	Base Layer	For greater comfort, skin protection, ease of adjustability and personal hygiene, wear your brace over a fitted undershirt (eg: Under Armour®). Parents: it's easier to launder undershirts than wipe down the brace.
	Brace	Put your brace on over your base layer, ensuring no wrinkles.
	Outer Layer	The brace can be worn discreetly under a loose fitting sweatshirt or hoodie.
Cleaning	DO NOT submerge or soak the brace under water. Clean your brace at least daily, more frequently as required.	
Skin Redness	Dark red skin colour under the pad is normal, with the correct degree of compression. It will fade within 60 minutes of removing the brace.	
Skin Irritation	This is an indication that you may be applying too much compression. In this case, discontinue wearing the brace until your skin has healed.	
Storage	This is a medical device. It is durable but not indestructible. Handle with care to avoid damage.	

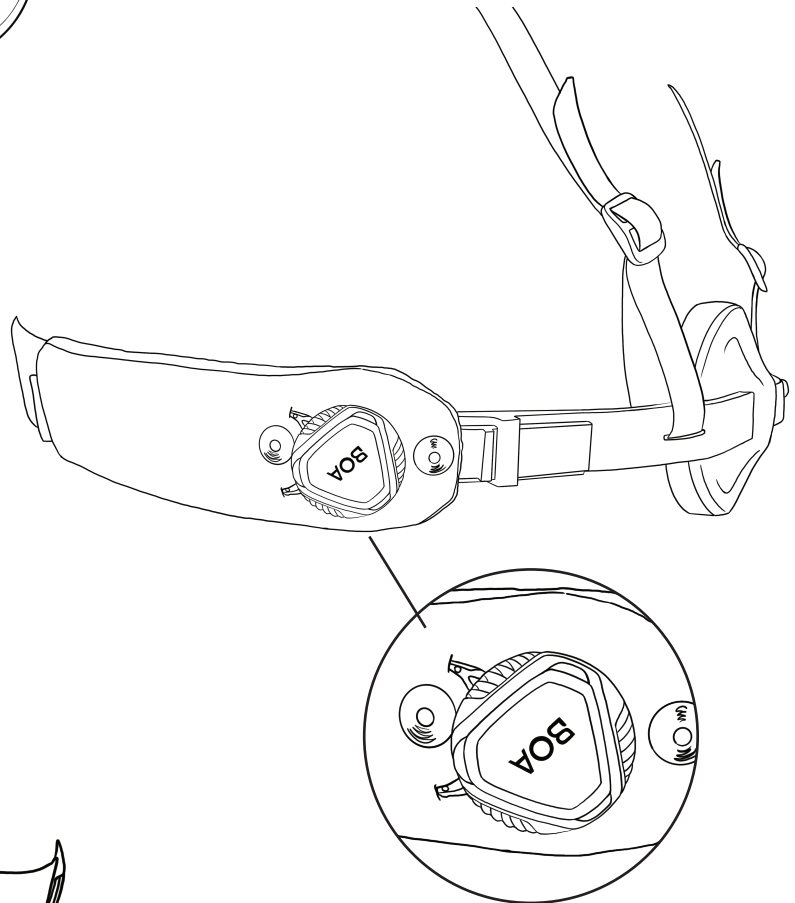


Front Pad
The single point of contact between the bump and the brace.

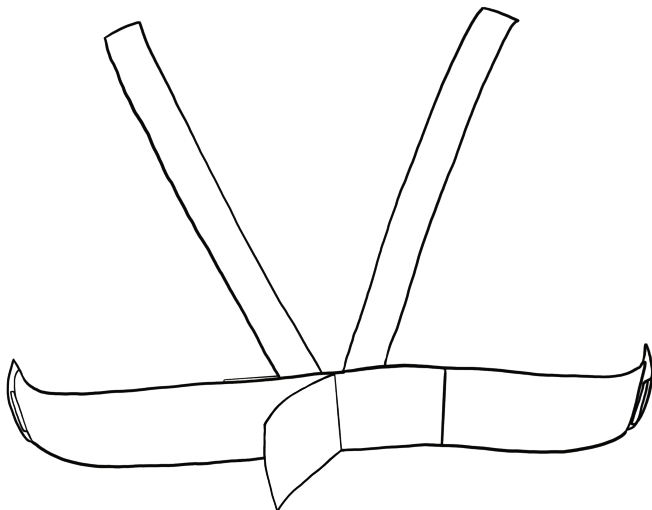
Bar
Designed to the corrected shape of your chest that you'll grow into. When brace is worn correctly, there is no contact between the bar and your chest.



Tri-Glide
Adjust the length of the shoulder straps to ensure the centre the pad is always positioned directly over the highest point of the bump.



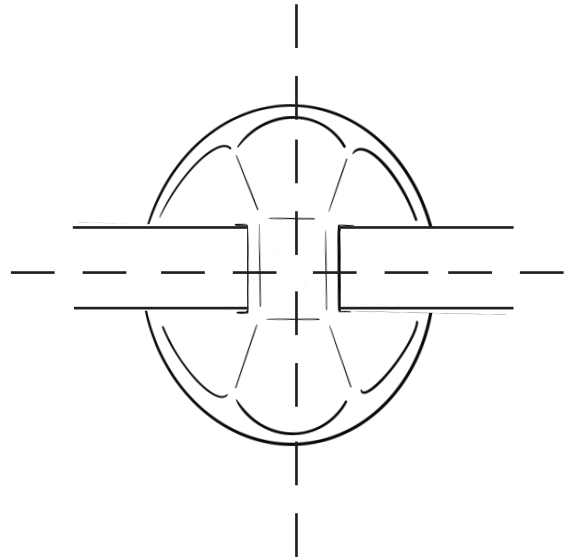
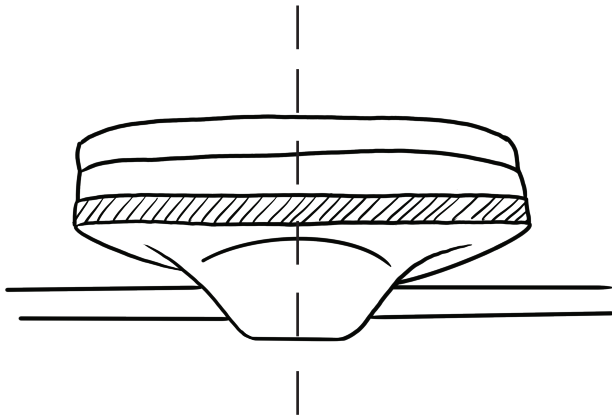
BOA Closure System
To tighten, push the dial in and turn right to tighten. To loosen, gently pull dials out (they will click).



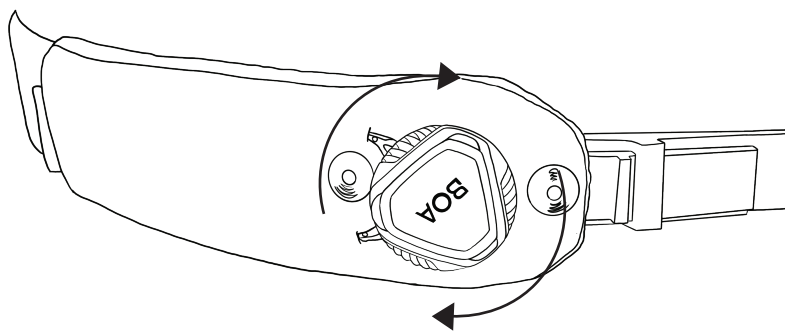
Alligator Velcro Hooks
Allows adjustment to accommodate growth and development.

Find the Bump

Centre of the pad should rest over the peak of the bump.



ADJUSTMENTS

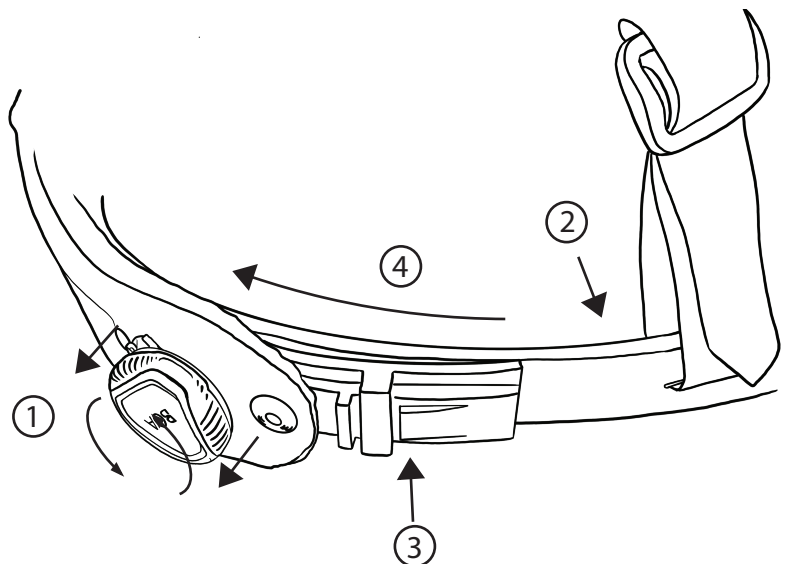


To Tighten:

Turn dials in direction that clicks.
Listen for the click.

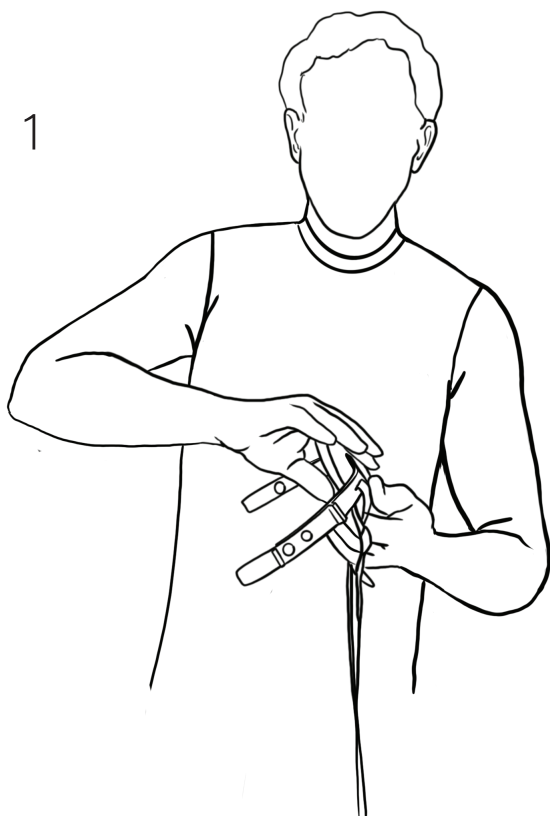
To Loosen:

1. Using your thumb and forefinger, gently squeeze dial until it clicks.
2. Push bar forward away from body to create slack.
3. Gently press tabs down.
4. Slide tabs under bridge to release front from back.



HOW TO PUT YOUR BRACE ON

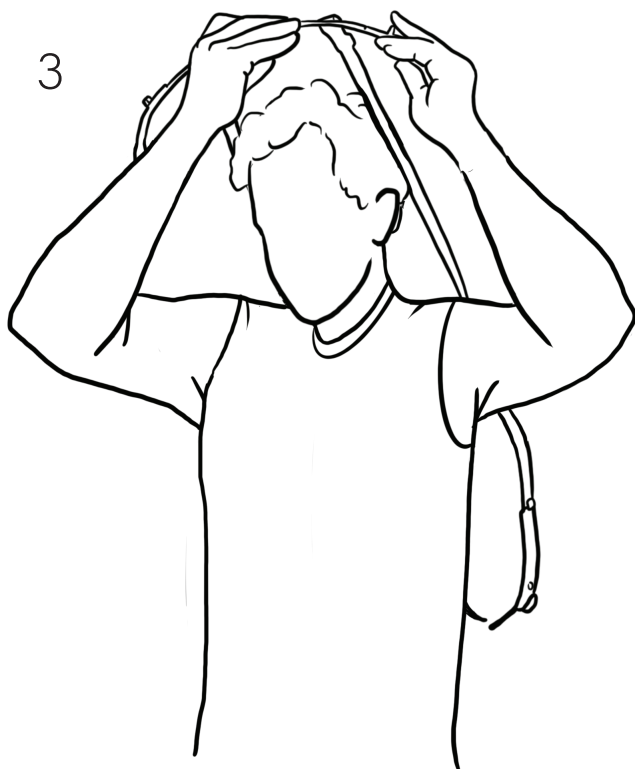
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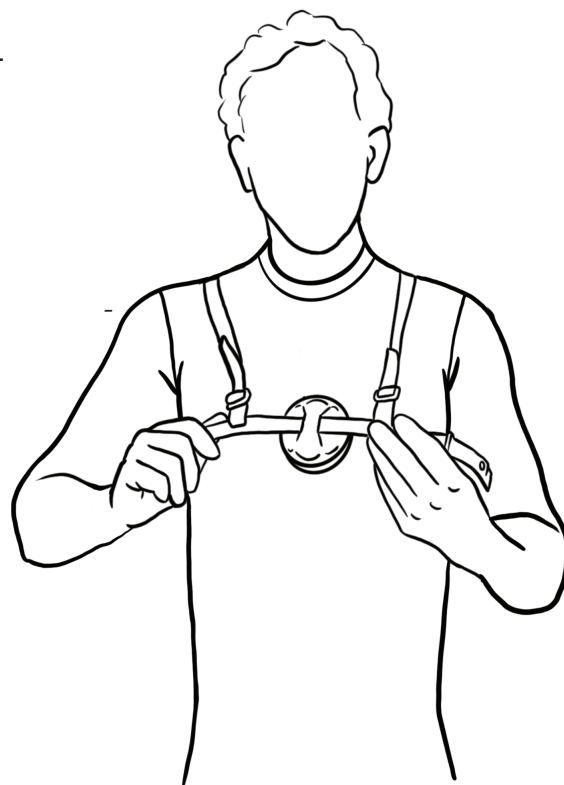
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3



4



5



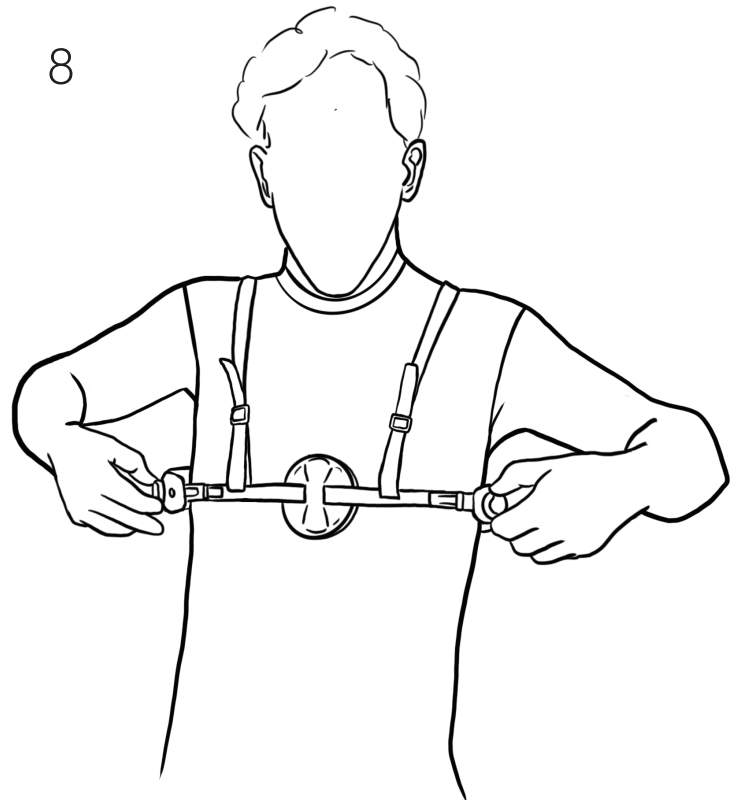
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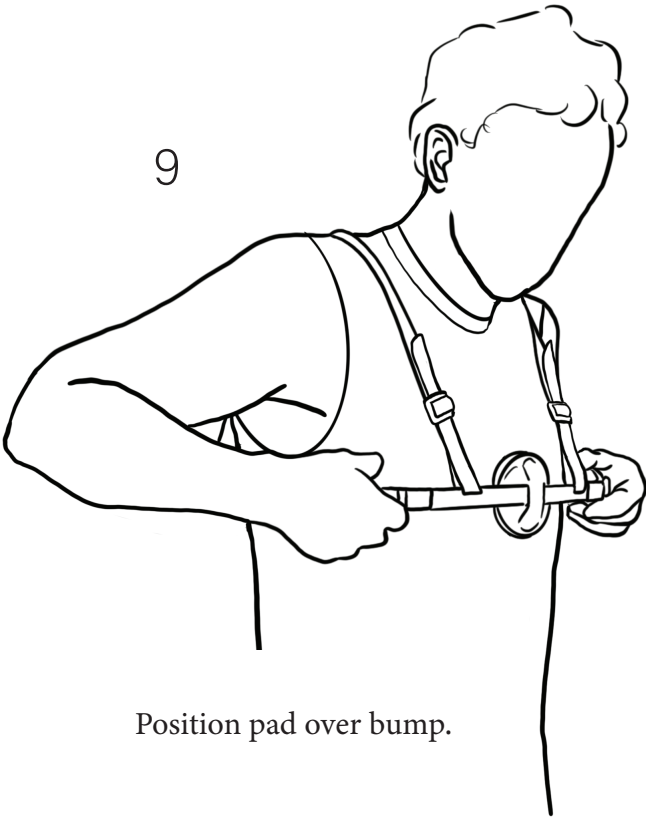
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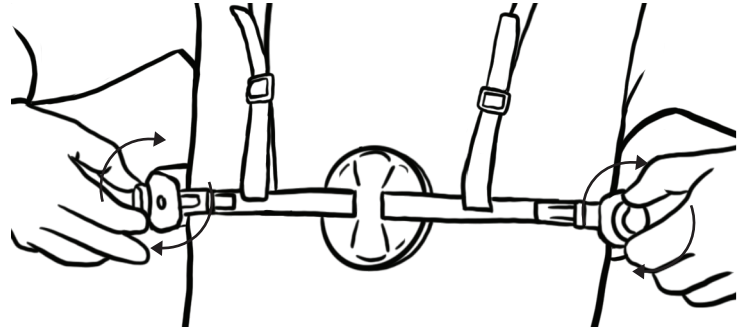


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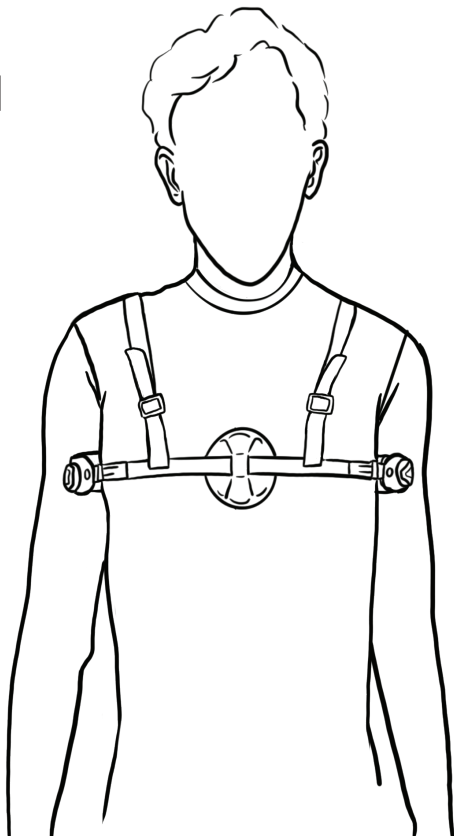
Position pad over bump.

10



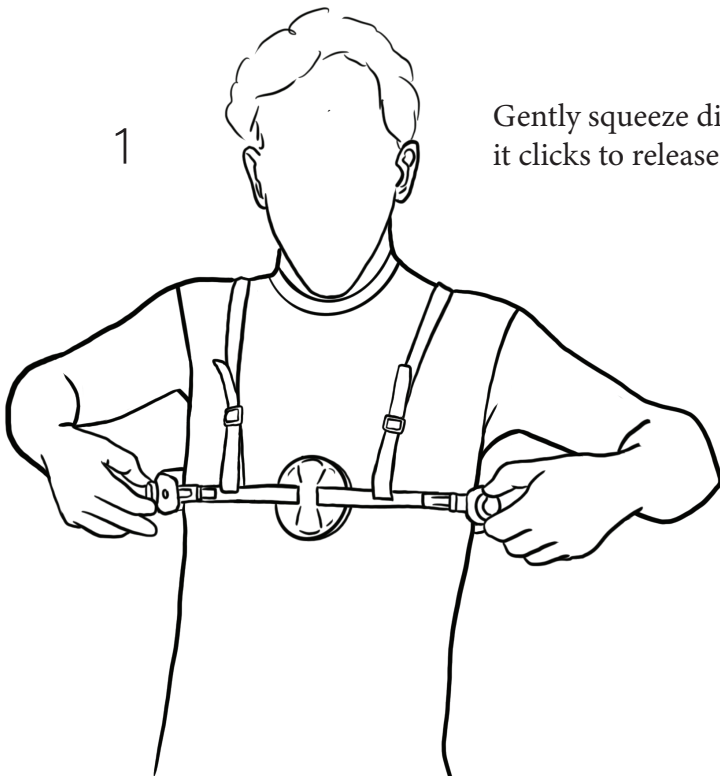
To tighten, turn dials in direction that clicks.

11



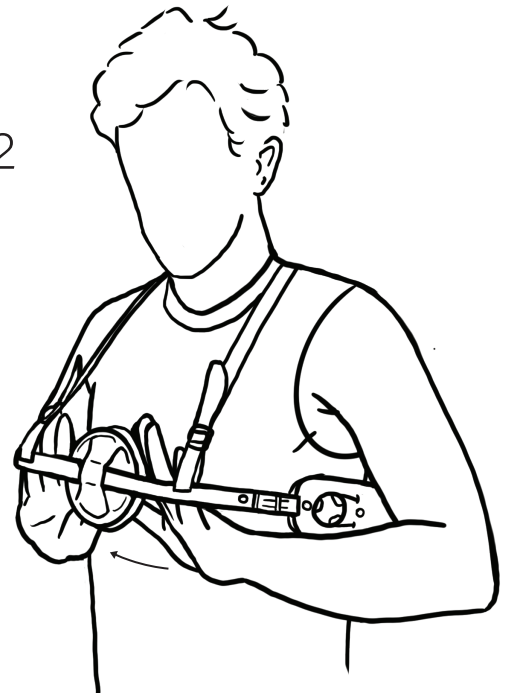
When the brace is sufficiently tightened, it should be difficult to pull the pad off the chest.

1



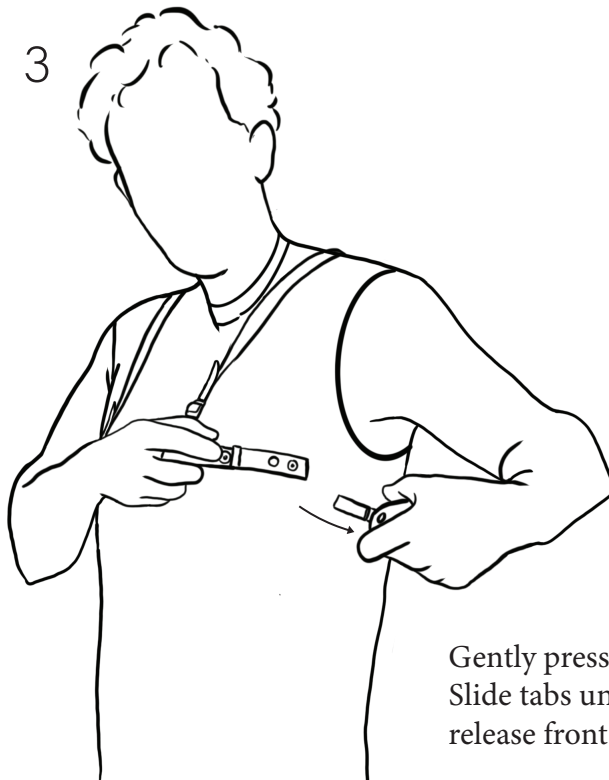
Gently squeeze dial until it clicks to release.

2



Gently push bar forward away from body to create slack.

3



Gently press tabs down. Slide tabs under bridge to release front from back.

4

