

Bracing Weaning Schedule

- Day 1: Decrease wearing time by 1 hour.
(If you were wearing device 24 hours a day, wear it 23 hours on Day 1.)
- Day 2: Decrease wearing time by 1 additional hour.
(If you were wearing device 24 hours a day, wear it 22 hours on Day 2.)
- Day 3: Decrease wearing time by 1 additional hour.
(If you were wearing device 24 hours a day, wear it 21 hours on Day 3.)
- Day 4: Decrease wearing time by 1 additional hour.
(If you were wearing device 24 hours a day, wear it 20 hours on Day 4.)
- Day X: Continue decreasing wearing time by 1 hour per day until no longer wearing brace.

Why do I need to gradually decrease wearing the brace?

- Because you have been wearing the brace all day (and/or night), your muscles have become dependent on the brace for stability, which has weakened your muscles.
- If you stop wearing the brace all at one time, you will be more susceptible to re-injury because your weakened muscles will not protect against injury until they are back to normal strength.
- You may need to undergo physical therapy while weaning off the brace. This will have been discussed / recommended at the time you were fit with the brace. If you are not sure, please call us.

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If you have ANY problems with your brace, please call us.