

Brace Wearing Protocol

We would like to start weaning you out of your brace:

Begin out of brace 2 hours a day each day increasing as tolerated.

If symptoms return or increase, resume brace use. You can try again later that day or the next day. Continue to increase your time out of the brace each day until you are no longer having any muscle fatigue or pain, at which time you can completely discontinue the brace entirely.

If symptoms persist despite brace use, call 434-924-2663 (Option 3) for earlier appointment.