

Tips and Tricks

EMBRACING FASHION



Everybody with a new brace gets concerned about what clothing to wear. This is normal! We encourage you to experiment with different clothing types and to find which styles make you feel the most comfortable and confident in your brace.

PRIORITIZE COMFORT

- ☐ The first step is to find a comfortable shirt for under the brace. See our page on “Comfort Tips” for more suggestions.
- ☐ Consider clothing with adjustable features such as drawstrings, elastic waistbands, or wrap styles, which can accommodate the brace.
- ☐ Embrace “athleisure” style! Leggings, joggers, and sweatshirts make it easy to feel comfortable and trendy with the brace.

SPRING/SUMMER

- ☐ T-shirts that won’t cling or stick to you are a great choice.
- ☐ High waisted shorts are most comfortable over the brace. Consider going a size up.
- ☐ Sundresses, t-shirt dresses, and maxi dresses promote air flow and are comfortable choices for the heat.

PANTS, DRESSES, TOPS

- ☐ Leggings and joggers are easy to wear under your brace.
- ☐ High waisted jeans are a stylish choice for over your brace, or skinny jeans under your brace.
- ☐ Babydoll dresses are fun and flowy to wear over your brace. You can wear them both in the summer, or in the winter with tights and booties.
- ☐ Avoid thin materials for the dresses – sometimes they can rip and develop holes from the brace.
- ☐ Loose-fitting t-shirts and sweaters are easy to slip on over the brace. We don't recommend loose tops to hide your brace, but because they tend to be more comfortable! Oversized tops are trendy and easy to wear with the brace.

CONFIDENCE IS KEY

- ☐ Ultimately confidence is the key to looking and feeling your best when wearing your brace!
- ☐ Never forget there is nothing wrong with wearing the brace over your clothes, too – this is not only empowering for yourself, but an amazing way to raise awareness for scoliosis.