

Tips and Tricks FOR THE SUMMER



Summer can be a challenging time to wear your scoliosis brace. Between the warm weather beach trips, busy schedules, and camps, summer is filled with obstacles to being consistent with your brace. Here are some tips and tricks to make the most of your summer while wearing a scoliosis brace.

CLOTHING

- ☐ Breathable fabrics like cotton, linen, bamboo, or moisture-wicking synthetic fabrics like those used in athletic wear help with sweat evaporation and overheating. This is especially important for your undershirt under your brace.
- ☐ Have several undershirts on hand so you can change if needed, especially after sweating, so you can prevent irritation.
- ☐ See “Fashion Tips and Tricks” for summer and spring clothing suggestions!

STAYING COOL

- ☐ If your brace fits in the freezer you can let it freeze for 15 minutes before putting it on. If your brace doesn't fit in the freezer, you can put your undershirt in a Ziplock bag in the freezer for a few minutes to cool off.
- ☐ Portable fans: a small, portable, hand-held or neck fan can provide instant relief and direct airflow to your brace area.
- ☐ Try wearing lighter colored clothing to absorb less heat.

SUMMER CAMP

- ☐ One of the best parts of camp is all the outdoor activities. Try to schedule your “out-of-brace” time around activities like swimming or sports.
- ☐ Camp is a great place to make new friends and reconnect with old ones! Read our page on “how to tell your friends” to build a support system away from home.
- ☐ Camp might feel like a break from the brace, but stay on track. Bring a notebook to write down when you take your brace on and off
- ☐ Without parents there to remind you, it might be tough—but you’ve got this! Lean on counselors and friends!

ACTIVITIES

- ☐ Summer can get busy, making it hard to track brace time. Use a notebook, calendar, or the BraceTrack App to stay on schedule.
- ☐ Make tracking fun by noting activities done both in and out of the brace (e.g., took brace off for swimming, kept brace on for theatre). By the end of summer, you'll have a journal of summer memories and scoliosis accomplishments!
- ☐ Bring a separate bag for your brace at the beach or pool to keep it clean and sand-free.
- ☐ Carry a small spray bottle of rubbing alcohol to clean your brace on the go during hot, sweaty days