

COMPLIANCE OF THE BOSTON BRACE vs THE SPINECOR IN ADOLESCENT IDIOPATHIC SCOLIOSIS

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PURPOSE: To compare the compliance of the Boston brace versus the SpineCor in patients with adolescent idiopathic scoliosis (AIS).

METHODS: Patients in our centre with AIS who satisfied Scoliosis Research Society (SRS) criteria for bracing were included for study. Demographic data and brace type were captured at chart review. From telephone interviews we enquired about brace compliance and recorded any issues with the brace. These interviews were carried out no sooner than 3 months after brace commencement.

RESULTS: Between Jan 2008 and Dec 2009, 53 female patients (mean age 12) were recruited for study and advised to wear the brace 20 hours daily. There were 20 patients who chose the SpineCor, and 33 who chose the Boston brace. The average time of wear for the SpineCor was 17.1 hours (range 8-20; SD 5.17) while that for the Boston brace was 9.79 hours (range 1-20; SD 4.37); this was statistically significant ($p=0.000$). Our patients who chose the SpineCor said that this brace was more acceptable to them: it was not excessively warm, allowed for some flexibility and can be discreetly worn under clothing.

CONCLUSION: Compliance with the SpineCor was significantly better. Efficacy studies will help us understand whether improved brace compliance translates into better stabilization of scoliosis.