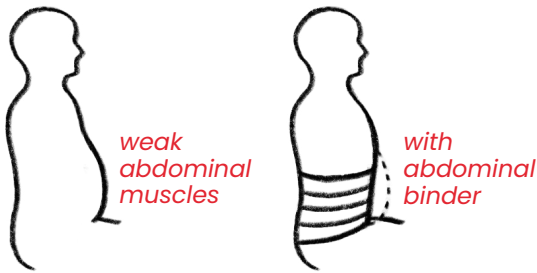


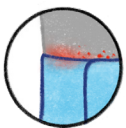
# A Guide to Using Abdominal Binders for People With SCI

Abdominal binders can be used to:

- Help with orthostatic hypotension
- Prevent blood pressure from dropping during exercise/eating
- Support respiratory function when upright for quadriplegia
- Support posture and balance
- Improve speaking volume



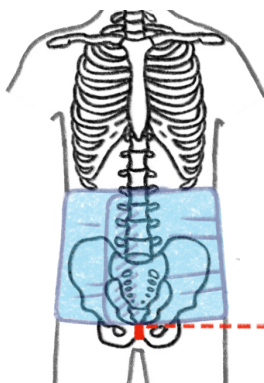
## Important tips



Check daily for skin redness and breakdown



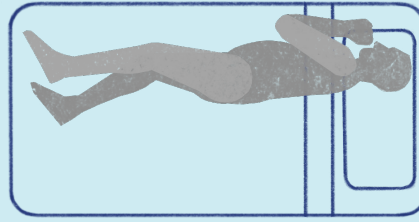
Replace binders every 4 months or as needed



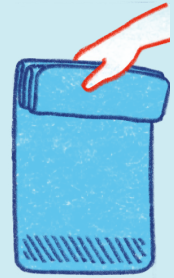
Lower edge of the binder should be in line with the pubic symphysis (just above the genitals, in front of the bladder)

*pubic symphysis*

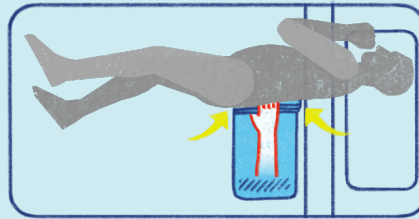
1. Help the person with SCI lie down and roll onto their side (back facing you).



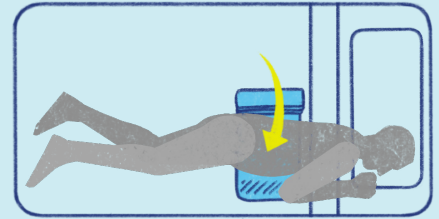
2. Fan-fold half of the binder.



3. Tuck the folded half of the binder under them (velcro facing up).



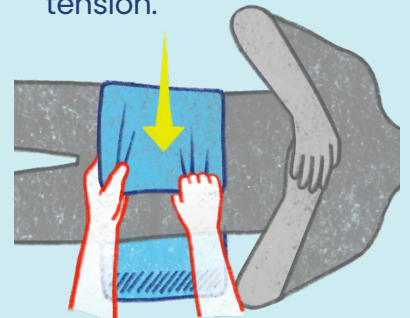
4. Roll them over the binder onto their other side (front facing you).



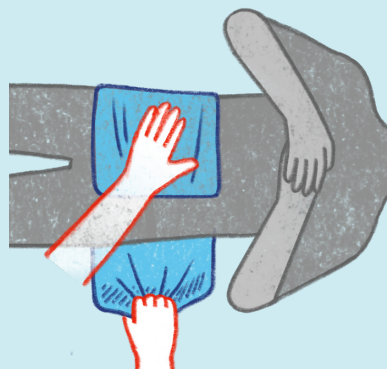
5. Unfold the binder. Adjust as needed so that it lies smooth.



6. Pull the far edge of the binder across the abdomen (belly) with tension.



7. Maintain tension and pull the velcro edge across to close the binder.



8. Ask them if the tension is appropriate. It should be tight enough to effectively support the abdomen, but not so tight that breathing is restricted.

