

The WPC Compressor is a custom fabricated brace for the treatment of pectus carinatum, which is also referred to as "Pigeon chest". Pectus carinatum is one of the most common chest wall deformities and is most commonly noticed in males around their 11th birthday. It is characterized by the appearance of the chest protruding outward. This appearance is usually a cartilaginous deformity and/or abnormality that causes the sternum (breast bone) to become angled or be pushed outward by the ribs. The WPC provides an anterior/posterior (AP) compression, which over time, helps to reposition and remodel the bones/cartilage to a normal position and shape. This treatment is most effective when started during adolescence, prior to skeletal maturity. The WPC is a custom fabricated orthosis, should only be worn by the person for whom it was fabricated, and only according to physician instruction.

## WEARING INSTRUCTIONS

The WPC compressor is designed to be worn for 24hrs/day, 7days/week throughout the treatment. There will be a few exceptions to this rule in which the WPC can be removed temporarily. These exceptions are: contact sports (any sport in which a collision may cause harm to you or another player); swimming; bathing; chest cold (chronic cough). Initially, there will be some soreness due to the forces being applied. This will begin to subside as wearing time increases and the body adjusts to these forces. It is also normal to have reddened or darkened skin at the sites where the forces are being applied. If there appears to be blistering, bruising, chafing, etc please call or email your Orthotist to discuss options and/or schedule an appointment for adjustment. Darkened skin may exist throughout the treatment and will typically begin to subside within a month of discontinuing treatment. It is important to avoid use of lotions over the areas in which the forces are applied as the skin may become too soft and more susceptible to blistering with use.



**PLEASE CALL YOUR NEAREST WCBL REGARDING ANY QUESTIONS OR CONCERNS.**

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## APPLICATION

1. Loosen the buckle on one side and open the buckle completely on the other side. Wrap the WPC around the torso.
2. While standing, insert the opened strap back into the buckle.
3. Now raise the WPC until the anterior (front) pad is centered over the protrusion.
4. Using both ratchet buckles (each side) begin tightening the WPC symmetrically.
5. Make sure the brace is tight or else it will be ineffective and will cause blistering/chafing of the skin.
6. For the first two weeks, follow the break-in schedule. After that, the brace should be worn 24/7 to obtain the best possibly results.

## BREAK-IN

The longer hours can be broken up into segments if needed (ie. 6 hours could be done as 3hours, twice that day, etc)

Day 1: 1-2 hours

Day 2: 2-3 hours

Day 3: 3-4 hours

Day 4: 4-5 hours

Day 5: 6-7 hours

Day 6: 8+hours (try sleeping in it tonight if Day 5 went well)

Day 7: 10-12 hours

Day 8: 12-14 hours

Day 9: 14-16 hours

Day 10: 16-18 hours

Day 11: 18-20 hours

Day 12: 20-22 hours

Day 13: 23 hours (full time use, except bathing and sports as mentioned above)

## CLEANING INSTRUCTIONS

The pads can be removed easily for cleaning. Wipe with a damp cloth or with rubbing alcohol. Make sure the pads are dry, prior to re-applying.

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