



BASIS Study Newsletter

Bracing Adolescent Idiopathic Scoliosis – night-time versus full-time bracing in adolescent idiopathic scoliosis

ISSUE 13 DECEMBER 2025

Headlines:

22 hospitals taking part

515 patients in BASIS

24 patients in BASIS 2

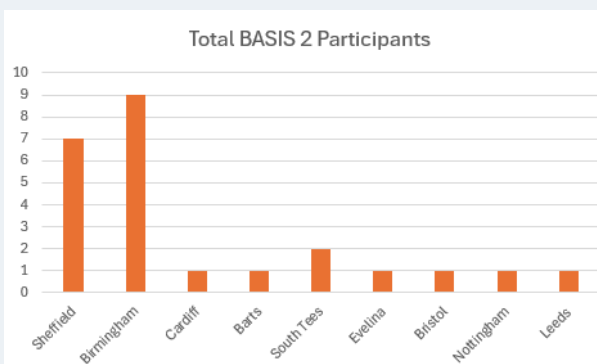
135 patients reached the end of bracing

We'd really like to share some more top tips/patient stories to help other patients. Or tips from parents/carers to help other parents/carers.

If you have anything you'd like to share, please contact Lizzie (BASIS Study Manager) e.a.swaby@sheffield.ac.uk.

You won't be named in anything we use, and we may use these on future newsletters and the BASIS website.

Latest News



- ◆ As you reach the end of the study, your spinal team may ask you whether you'd like to take part in **BASIS 2** (if this is appropriate for you)
- ◆ **BASIS 2** looks at whether staying in your brace for longer improves outcomes.
- ◆ **You do not have to take part in BASIS 2!** Please discuss further with your site team.

Please remember to complete your online questionnaires when they're emailed over to you so we can enter you into the prize draw!

There have been 13 winners of the prize draw so far for questionnaires completed on time—this draw takes place every few months. We also have a new prize draw for return of the sensors in the brace!

Please do your best to attend your follow up visits at your hospital—it's really important!

Top Tips

We asked some people who have worn scoliosis braces in the past for their top tips, or their experiences. We hope you find these useful!

- Wear a seam free vest top underneath and cut the labels out to stop them irritating you.
- Ask for two sets of textbooks one for home and one for school so you don't have to carry a very heavy bag over your brace

Tying laces: I perfected balancing on one leg, like a "flamingo", to tie my laces since I couldn't bend over properly while wearing the brace. I could have just sat down to avoid this but instead I ended up inventing a new technique.

I still haven't parted with my (~10!) back braces (I'm 22 now). I'm not sure if I should repurpose them, I've heard of someone using one to make a lampshade, though I'm not sure I have the skills for that!



A big thank you to all participants and your families for your ongoing involvement in the study!

We need clinical trials such as BASIS to make decisions on the best care for patients. None of this can happen without participants, so we are very grateful for everyone who takes part.

Remember to visit our website to learn more about the study, including videos and links to other helpful information

