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1 **Efficacy, Safety and Economics of Bracing after Spine Surgery: A Systematic**  
2 **Review of the Literature**

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12 Abstract

13 **Background Context:** Bracing is often used after spinal surgery to immobilize the  
14 spine, improve fusion, and relieve pain. However, controversy exists regarding the  
15 efficacy, necessity and safety of various bracing techniques in the post-surgical setting.

16 **Purpose:** In this systematic review, we aimed to compare the effectiveness, safety and  
17 cost-effectiveness of postoperative bracing versus no postoperative bracing following  
18 spinal surgery in patients with several common operative spinal pathologies.

19 **Study Design/Setting:** Systematic Review

20 **Patient Sample:** N/A

21 **Outcome Measures:** N/A

22 **Methods:** A systematic search was conducted of MEDLINE, Embase and the Cochrane  
23 Collaboration Library from 1970 to May 2017, supplemented by manual searching of the  
24 reference list of relevant studies and previously published reviews. Studies were  
25 included if they compared disability, quality of life, functional impairment, radiographic  
26 outcomes, cost-effectiveness and/or complications between patients treated with  
27 postoperative bracing versus those not receiving any postoperative bracing. Each article  
28 was critically appraised independently by 2 reviewers, and the overall body of evidence  
29 was rated using guidelines outlined by the Grading of Recommendation Assessment,  
30 Development and Evaluation (GRADE) Working Group.

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