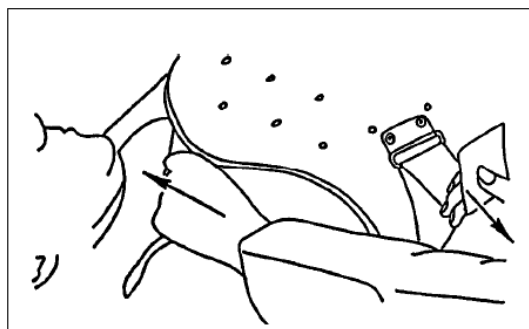
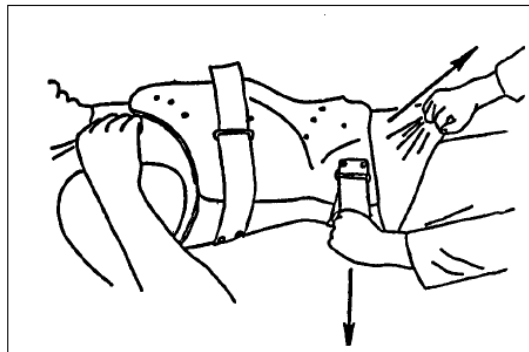
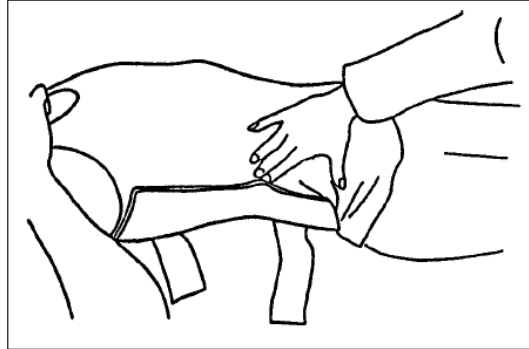


Wear and Care: TLSO

Donning the Orthosis:

You will be donning the orthosis with the aid of nursing/therapy staff until you are cleared to sit/stand prior to donning of orthosis.

1. Carefully log-roll to your side, using precautions taught by your therapist.
2. Another person will position back portion of the orthosis onto your back and under the side you have log rolled onto. They will pay special attention to making sure the waist groove falls at your waist-just above your pelvic bone.
3. While holding the back shell in position, you will roll back onto your back, with assistance.
4. Once on your back, the shell may need to be adjusted to fit in your waist and to fall evenly at mid-line on both sides.
5. Pull the undershirt to remove wrinkles and ensure skin will not be pinched. Then place front shell over the back shell. Depending on the style of TLSO, the two shells will either interlock and fit like a puzzle or the front piece will overlap the back.
6. Pull upward and toward midline on the shirt as you tighten the top straps to the indicated line. Pull downward and toward midline on the shirt as you tighten the bottom straps. This will help prevent pinching of skin.



Tips to make your orthotic treatment a success:

- Wear the orthosis for the prescribed length of time needed, as indicated by your physician.
- Always wear a clean, snug t-shirt under the orthosis.
- Watch your skin daily for areas of redness or concerns.
- Clean your orthosis regularly.

Caring for your Orthosis (“brace”):

- Use an old rag, put some rubbing alcohol on it and wipe down the inside of the brace. If you have a TLSO with removable foam pads, these may be hand washed and air dried.

Caring for your skin:

- Always wear a clean snug fitting T-shirt under the brace.
- Cleanse your skin periodically, you may use baby wipes if you are unable to take a bath.
- Wear the straps to the lines. You may need to tighten beyond these lines as abdominal bloating changes. If it is too loose you may get rubbing which can cause skin breakdown from friction.
- Check your skin for redness. If redness persists for longer than 20 minutes, call our office. This suggests an adjustment is needed.