

LSO

Fitting

BEFORE YOU PUT ON YOUR LSO

- We recommend that you put on a cotton T-shirt for added comfort. A form fitting T-shirt would be best since any wrinkles in the material may cause irritation or sores.
- Before you put on your LSO, you must first determine if you can put it on standing or lying in bed. Your doctor will have to answer this question for you.

A one piece LSO has a single front opening and a two pieces LSO has velcro straps on each side holding the front and back together. Go to the appropriate section for application instructions.

Two -Piece LSO

LYING DOWN APPLICATION INSTRUCTIONS:

- Roll on to your side and slide the back part into place.
- Be sure you begin with the orthosis low on your hips.
- Roll back into the brace and adjust the back until it is centered and comfortable.
- Place the front section into position and slide the tongues into the loops on each side.
- Secure it with the four Velcro straps.

Lumbo-Sacral Orthosis

STANDING APPLICATION INSTRUCTIONS:

- If you put it on while standing, leave one side secured and open the LSO like a clamshell.
- Put the back of the LSO in place, close the front and secure the Velcro straps.

Hint: When you apply the LSO while standing, put the back half in place and then lean against the wall to hold it in place while you secure the front section.

One-Piece LSO

LYING DOWN APPLICATION INSTRUCTIONS:

- To apply the one piece LSO in bed, first roll onto your side.
- Slide the orthosis into place, aligning the center of the brace with the center of your back.
- Be sure you begin with the orthosis low on your hips.
- Roll back into the brace and adjust the back until comfortable.
- Place the thin, transparent plastic tongue against your stomach and draw the two sides of the brace together. Place thin plastic tongue inside the brace (tuck it inside).
- Secure the brace with the three Velcro straps.

STANDING APPLICATION INSTRUCTIONS:

- Open the brace and slide it into place.
- Place the thin, transparent plastic tongue against your stomach and draw the two sides of the brace together. Place thin plastic tongue inside the brace (tuck it inside).
- Close the front and secure the Velcro straps.

Hint: When you apply the LSO while standing, put the back half in place and then lean against the wall to hold it in place while you secure the front section.

Wearing Schedule

Your physician must determine when and for how long you need to wear the LSO. If you have any questions regarding this, please call your doctor directly.

Care

1. The outside surface of your orthosis may be cleaned by using any type of gentle cleaner and a soft cloth.
2. DO NOT USE ANY CLEANER THAT HAS PETROLEUM DISTILLATE.
3. The inside foam liner can be cleaned by putting some Murphy's Oil Soap in a dish and whipping it into a foam.
4. Take a slightly damp cloth and wipe the inside down utilizing the foam portion of the oil soap only.
5. Take another clean damp cloth and thoroughly wipe out all the foam.
6. Completely rinse the cloth with clean water and continue until all soap residue is gone.

Note: Please realize that any type of orthosis will have a tendency to move. If you keep the orthosis tight, securing the lower straps first, while working towards the top, the orthosis will not move quite as much. Any time you sit, your hips will spread, placing more pressure on the orthosis to move upward on the body. If it does move upward, just grab the bottom and shift it back into place then secure and tighten the lower velcro straps