

LS Corset

Fitting

Before you put on your Corset

1. 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.
2. The side pulls/buckles are the mechanism by which the corset is loosened and tightened.
3. Lay open the corset and loosen the pulls on the side until the underlying cloth is stretched out to full length.
WARNING: DO NOT PULL THE BUCKLE OFF OF THE STRAP.
4. Before you put on your corset, 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.

Lumbo-Sacral Corset

Putting on the Corset while Lying Down

1. Roll onto your side and slide the corset into place.
2. Be sure to begin with the corset low on your hips.
3. Roll back into the corset and adjust it so that the paraspinal bars in the back are centered on either side of your spine.
4. Secure the corset with the front enclosure.
5. Adjust the side pulls until the corset feels snug. A loose fitting brace will migrate upward.

Putting on your Corset while Standing

1. Wrap the corset around you, aligning the paraspinal bars on both sides of your spine.
2. Secure the corset in front.
3. Adjust the side pulls until the corset feels snug. A loose fitting corset will migrate upward.

Hint: When you apply the corset while standing, you may lean against a wall to hold it in place while you secure the closures in front.

Wearing Schedule

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

Care

- Your corset can be hand washed in luke warm water. **Warning: Do not wash in a washing machine.** Do not twist, wring, or reshape the cloth. Lay the corset flat to air dry. Do not dry in any heated dryer.

Caution: Before washing remove the stays by pushing them to the top of the sleeve. Mark the top of the stay with nail polish or a marker so that they can be put back in their original position. If they are left in the corset during washing they may rust.

If at any time the orthosis feels noticeably larger due to significant weight loss or the velcro straps no longer hold, please call us at our nearest office so that we may schedule you for an adjustment.