

TLSO

Fitting

- Before you begin to put on your TLSO, we recommend that you put on a cotton t-shirt for added comfort. A sleeveless, form fitting t-shirt would be best since any wrinkles in the t-shirt may cause red marks and sores.
- During the period in which you are to wear the TLSO, we recommend you do not put lotions on your skin in the area under the brace. This may soften the skin and cause skin breakdown, which could lead to the development of sores.
- Before you put on the TLSO, you must first find out if you put the TLSO on while lying down or standing.

YOUR DOCTOR WILL HAVE TO ANSWER THIS QUESTION FOR YOU.

Thoraco-Lumbo-Sacral-Orthosis

LYING DOWN APPLICATION INSTRUCTIONS:

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

STANDING APPLICATION INSTRUCTIONS:

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

Hint: When you apply the TLSO 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 TLSO. 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