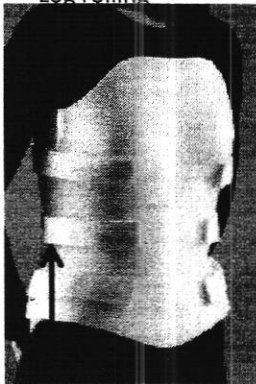


TLSO (Thoracic Lumbar Sacral Orthoses)

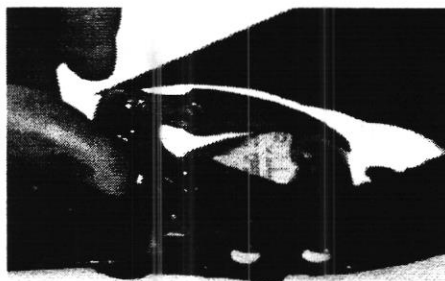
How to put on the TLSO Brace



Log rolling



The narrowest section of the back section is between your lowest rib and pelvis.



To **tighten** the brace: Pull up on the outer clear black latch.

1. Wear a fitted t-shirt under the brace.
2. While lying flat on your back, **log roll** to one side. While logrolling, move your hips and shoulders together without twisting your body.
3. Place the back section against the patient's back, making sure the narrowest section of the back half is between your lowest rib on top and your pelvis on the bottom.
4. The **narrowest** section of the back section of brace should be between your **lowest rib** and your pelvis. Roll into the back half of your brace. If it is not centered, roll to the opposite side and adjust it. Another landmark is the bottom edge of the back piece will be at the tailbone.
5. While laying on the back, place the front piece of the brace on top, making sure the sides of the front piece are inside the back piece.
6. Push the **ratchet straps** through the slots between the brace and the "buckle". Pull both bottom straps through to even lengths. Pull both top straps through to even lengths.
7. Next, lift up both of the outer levers (clear plastic) part of the bottom buckles up at the same time, 2 times. Then lift up both of the outer levers (clear plastic) at the same time. Continue to alternate, bottom buckles until the brace is snug.

You may need to loosen the straps a little when sitting to make it more comfortable and remember to tighten the straps when standing up.



To **loosen** or release straps: Lift up **ONLY** the inner lever and pull the black strap out of buckle.

Getting out of bed with brace:

1. Log roll to you side
2. Drop your legs over the side of the bed and push yourself up into sitting position.

Getting into bed:

1. Sit on the side of your bed and lean down on your elbow and forearm.
2. Lift your legs up onto the bed.
3. Log roll from you side onto your back.

Removing the Brace:

(You may need assistance)

While lying in bed,

1. release ratchet straps, by lifting **only** the inner part of the buckle with one hand and pull the strap out through the slot.
2. Pull the front part of the brace away from the body.
3. Log roll patient to one side and pull out the back section of the brace.

Cleaning Instructions:

Use a damp soapy cloth or sponge to periodically clean all surfaces of your brace.

MAKE sure the brace is dry before putting it back on. Rubbing alcohol may be used on the interior surface of your brace to kill bacteria. Use rubbing alcohol sparingly since it can deteriorate the foam.

Wear and care:

- ✓ Follow your physician's instructions regarding when and how long to wear brace.
- ✓ Wear **ONLY** a sung t-shirt, preferably cotton, under your brace. Make sure the shirt does not wrinkle under your brace.
- ✓ **NEVER put lotion** on or under your t-shirt. This will cause skin problems.
- ✓ If your doctor instructs you to wear your brace when showering, make certain it is completely dry before putting on. Wipe the brace with a towel and let air dry. You may want to use a fan to speed up the drying process.
- ✓ The brace should be worn as tight as tolerated. The more snug the fit, the more support it provides to your spine.
- ✓ If the brace is rubbing against your skin, causing irritation and redness or it is too loose, please call the office to make an appointment to have the brace adjusted.
- ✓ Remember the brace is a reminder to maintain proper alignment during the healing process. If you feel the brace is restricting a particular motion, don't do it.
- ✓ Please call office if you have questions or concerns (314)289-9100.