

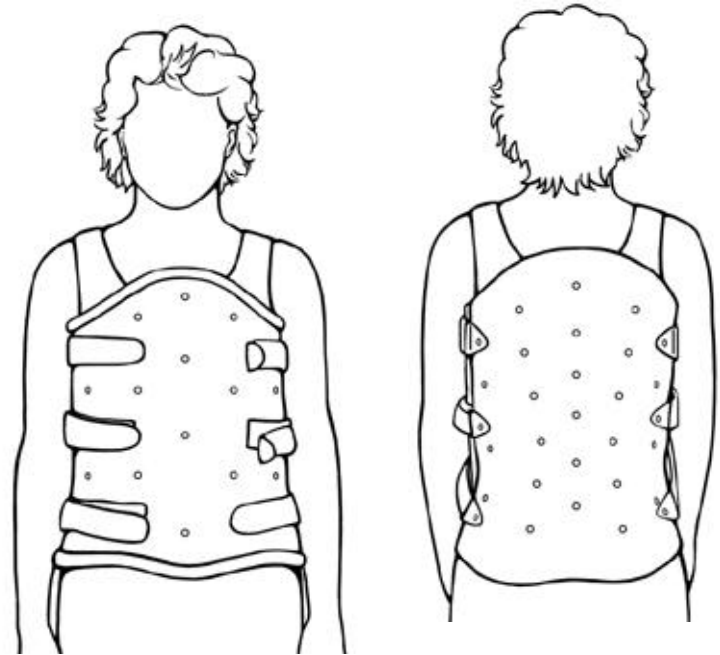
Lumbar Brace/TLSO

Thoracic - Lumbar - Sacral Orthosis

What is the brace / why is it used:

A cast is taken of you to make a rigid body jacket that molds to your body shape. The brace restricts motion of the spine. The two (2) pieces of the brace connect by velcro strapping.

How to apply:



1. Log roll onto your side (the further you can roll toward your stomach the better).
2. Line up the back section of the brace against your back using your natural waist as a guide.
3. Log roll onto the back of the brace, and adjust as needed.
4. Place the front section on (make sure the front overlaps the back section).
5. Connect the front and back with the velcro straps.
6. Adjust both sides starting with the bottom straps working up until the brace fits snugly.

Bathing:

Remove brace and bathe in bed or you can shower with or without the brace on as your doctor allows. Avoid bending and twisting during bathing. Avoid tub bathing.

Cleaning Brace:

Wipe brace with warm water - be sure brace is dry prior to putting on. Occasional cleaning with an alcohol prep may prevent bacterial buildup and skin irritations.

Dressing:

A tee shirt should be worn under brace. Wear clothes that can be slipped over brace or a button-down shirt. Elastic waist shorts, sweat pants, etc.

Skin Care:

Inspect your skin for any red areas. You may use a mirror or have someone help you look at your skin. If there are areas of redness that do not go away, or you have increasing discomfort from your brace, contact the orthotist (the person who brought/made the brace). Bathe frequently. Change your t-shirt daily or more often if needed. Keep your skin dry. Powders may be useful in keeping your skin dry and preventing irritations.

Activity:

Car rides should be limited to doctor's appointments unless otherwise permitted by your doctor. Absolutely NO driving a car until your doctor allows. Further activity precautions are explained in the precaution section of this book.

Speak Up if You Have Any Questions or Concerns