

## LUMBOSACRAL ORTHOSIS (LSO) or THORACOLUMBOSACRAL ORTHOSIS (TLSO)

### Wear and Care Instructions

#### Device Application

- Application of your orthosis may initially take two people. If the patient is in bed, it is easiest to start while side-lying with the arms above the head.
- Position the back half of the orthosis with the label “TOP BACK” facing up. Slide the device under the patient’s side, making sure the indentations for the waist are below the ribs and above the pelvis.
- Eliminate any wrinkles in the underclothing, as these may cause irritation to the skin.
- The patient then turns to lie on their back. At this time, it is important to look and make sure the indentations for the waist are below the ribs and above the pelvis, and that the device is not rotated.
- Once the position of the back half is appropriate, the front half may be placed on the patient with “TOP FRONT” facing up. The front half overlaps the back half.
- The Velcro straps may then be secured. It is important to tighten the straps so that they overlap equally.
- Wear the TLSO as snugly as possible; this will provide the maximum support for your spine.

#### Wearing instructions

- Underneath the orthosis, it is recommended to use a snug fitting cotton tank top or T-shirt.
- Underpants and pants are to be worn over the outside of the device to aid in restroom activities. It may be necessary to use a larger pair of pants to accommodate the device.
- You should wear your orthosis for any activities in which you are not lying down. Use the device as directed by your physician and orthotist.

#### Care Instructions

- Wash your orthosis daily with warm water and antibacterial soap and towel dry. Alcohol may be used for disinfection.
- Keep your orthosis away from extreme heat, as it may melt or deform the plastic.
- Inspect your device daily for any signs of damage or wear, such as cracking or loose parts.

#### Important Information

- When you remove your TLSO, check your skin for any red pressure areas. Any reddened area that does not fade after 30 minutes should be watched carefully and may require adjustment to the TLSO.
- Your orthosis may tend to “ride” upward when sitting. You may need to loosen the straps, pull the orthosis back down into place, and re-secure the straps.
- Some of your movements may be restricted when wearing your device. You will learn that you must bend at the hips and knees instead of the waist.
- Never attempt to make adjustments to the orthosis – this will void warranty.
- Any significant changes in your body shape/volume or weight may affect the fit of your device. Contact your orthotist if you believe your device is fitting improperly.

If you have skin irritation or ongoing discomfort with the use of your device; **discontinue using it immediately** and contact Berke Prosthetics & Orthotics at (650) 365-5861.