

ALJAN CO.

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(608) 257-4256 (800) 903-5409

LUMBOSACRAL SUPPORTS

ABOUT YOUR SUPPORT

1. Your support is designed to help stabilize your spine and reduce unwanted motion. These restrictions are based on your diagnosis and treatment requirements. If you attempt to move outside of the limitations imposed by your brace, it may cause unnecessary discomfort.
2. It is recommended that you wear an undershirt beneath your support at all times. This is to reduce the risk of skin irritation that could interfere with your ability to wear and tolerate the device. Wear loose fitting outer clothing over the top of the support, if desired.
3. To clean your orthosis, remove any plastic or metal inserts, such as moldable panels or stays. Hand wash the device in cool water and mild soap, then air dry in a well ventilated area. Plastic or metal inserts may be wiped clean with a damp cloth.

WEARING AND USE OF SUPPORT

1. Always follow your physician's guidelines regarding wearing time. If none are given, your practitioner will provide you with a schedule.
2. It is always best to put on and remove the support lying down, especially if you have just undergone surgery. It may be necessary to have assistance when applying the orthosis initially.
3. To put the support on, roll onto your side and place the back of the brace behind you. The bottom of the support should be at sacral level. Roll back onto the support. It may be necessary to roll slightly to the opposite side to center the brace. Position the front of the orthosis over your body, and fasten closures snugly.
4. The support should be worn as tight as tolerated.
5. After each use, check for areas that are sore, irritated, or bruised. If none of these complications occur, you may continue wearing your device as recommended.
6. If you experience any sharp pains, skin breakdown, blisters, or rashes from your orthosis, call immediately for an adjustment.

**An appointment is required to make changes or adjustments to your device.
Staff is available for emergency needs on weekends and holidays from
8:00 AM to 6:00 PM. Call the number below for instructions on how to page
the on call practitioner.**

**Please call if you have any problems with or questions about your device.
Report any changes in your health or physical condition that may affect the fit or
function of your device, such as changes in weight or volume, muscle strength, or
recent surgeries.**

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