

RIGID LSO & TLSO

ABOUT YOUR SUPPORT

1. Your device (orthosis) was designed and fit to prevent movement of your spine. It will prevent extension, flexion, side bending and twisting depending on your diagnosis and prescribed needs.
2. It is crucial that you wear your orthosis as snugly as possible. If the orthosis is worn loosely it cannot provide the necessary motion restriction. This can adversely affect healing and rehabilitation.
3. You should wear a wrinkle free interface body sock or T-shirt between your skin and the orthosis. Shirts made out of wicking materials like coolmax or polypropylene, which are available at most sporting goods stores work best. (We can provide you with coolmax jerseys; however they are more expensive than those typically found at a retail-clothing merchant.)
4. Keep skin beneath the orthosis clean and dry. Avoid the use of lotions or creams' as they tend to increase moisture and sweating. Baby powder may be used to reduce skin irritation. Some patients find that unscented, spray-on antiperspirants help to decrease sweating. Use one or the other, not both simultaneously. Do not cover surgical incisions with either powder or antiperspirant. Discontinue using any skin drying agent or preparation if a rash or skin reaction occurs.
5. The orthosis may be worn while showering. When finished, dry off the exterior of the device, lie down and remove the orthosis to dry the inside, and reapply the orthosis. You may remove the orthosis for showering or bathing if your physician permits.
6. Clean your orthosis with a soft cloth and an unscented antibacterial soap or medical alcohol. Antibacterial wipes may be used also. Do not place your orthosis in direct sunlight or on a direct heat source.

WEARING AND USE OF ORTHOSIS

1. Always follow your physician's instructions regarding wearing times and schedule. If no instructions are provided, follow those provided by your orthotist. In general if you have had spine surgery or have a spinal fracture, your orthosis must be worn at all times when out of bed. If you are using the orthosis to control pain, wear it as needed for pain relief and control; generally longer wear yields more pain relief.

2. Don (put on) your two piece (bivalve) orthosis lying down unless otherwise instructed. A bivalve orthosis is easiest to don with assistance. To don a bivalve orthosis, separate the two halves and roll onto one side. Place the posterior of the device against your back and line up the waist contours with your waist. Using the waist strap on the bed side as a pull handle to assist in pulling the orthosis through, roll onto your back and position the orthosis so that the waist lines up and equal amount of plastic covers each side of your body. Place the front **over** the back, using the waist contours for alignment. Tighten the bottom straps, followed by the middle and top. The orthosis feels very snug. If the orthosis allows movements inside when the straps are tightened to the preexisting marks, pulls the straps tighter. Proper tightness will allow for comfortable shallow breathing, but deep breathing will be restricted. To remove, reverse the process, while lying down.
3. To don a single opening orthosis, apply standing. Place the device around your body while standing, and align the waist contours in the brace at your waistline. Lie down on your back, and ensure that the waist remains properly aligned. The waist contour should fit between the bottom of your ribcage, and your hip bone. Tighten straps middle first, followed by bottom, and top, and then retighten the middle strap. To remove, open straps while standing and pull orthosis off.
4. To remove reverse this process. Examine your skin each time you remove the orthosis. Redness that remains after thirty minutes generally indicates excessive pressure. If you have persistent redness or develop skin breakdown, rashes, or pain from pressure, call our office to schedule an adjustment. We will attend to follow up adjustments very quickly. Discontinue orthosis wear if the skin break down occurs.

An appointment is required to make changes or adjustments to your device.

Staff is available for emergency needs on weekends or 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 health 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.

(608) 257-4256