

WEARING INSTRUCTIONS CASH EXTENSION TLSO



Application:

1. Wear a cotton shirt or slip under orthosis.
2. Apply and remove orthosis **LYING DOWN**. This will unload and relax the spine, enhancing the function of the TLSO.
3. Place orthosis on chest/abdomen.
The upper portion rests on the sternum while the lower portion rests just above the pubic bone.
The top of the upper pad should rest 2 fingers below the top of the sternum.
The lower band should rest approximately 2 inches above the pubic bone without digging into the tops of the thighs
4. Slide strap with pad around back to other side of body.
*It is recommended to “log roll” to the side opposite of the strap fixed point and place strap behind you.
Then roll back onto strap and onto opposite side to pull strap the remaining distance.
Roll onto back pad which should be centered on your back.
5. Pull strap tight and fasten to attachment point.
*The orthosis should be as **TIGHT** as possible (tolerable). It is a self-adjusting device and you control the tightness.

THE TIGHTER THE ORTHOSIS, THE GREATER PROTECTION, THE BETTER THE HEALING.

Useful Notes:

This extension orthosis is designed to protect your spine. You will be able to sit, but you **WILL NOT BE ABLE TO FORWARD BEND**. This motion may be detrimental to your injury/surgery and should be avoided.

This orthosis is very rigid and uncompromising. It is designed to be a protective device and limit unwanted motion. Unfortunately, this means that it may be uncomfortable to wear. You will have a sensation of feeling arched through your back and you will not be able bend forward. Pressure will be felt on your sternum, pelvis, and middle of your back. Your practitioner may lessen the pressure with padding and some adjustments, however,

THE LOOSER THE ORTHOSIS, THE LESS PROTECTION YOU RECEIVE.

Clean the CASH TLSO with rubbing alcohol or other practitioner approved solution.

The orthosis will move up your body with time and motion. This is normal and a product of human anatomy. It may be required to periodically adjust the orthosis by slightly loosening the strap and moving it down to the original position on your body, then re-fasten the strap.

Give yourself time to become accustomed to wearing the orthosis. After all, it may be your first brace ever. If there are areas that are extremely uncomfortable, that are associated with marks on your skin, or it feels like it is drastically limiting you, please call us and discuss the problem. If pain in your back markedly increases or you feel that you may have re-injured your spine, call your physician immediately. **DO NOT** decide to stop using the orthosis unless you first speak with your physician. **DO NOT** attempt to adjust the orthosis unless you speak with your Orthotist.