

Wearing Instructions for LSO (Lumbar - Sacral - Orthosis)



1. The L.S.O. should be applied while LYING DOWN, this enables gravity to draw the abdomen, but more importantly, unloads and relaxes the spine.
2. Log roll pt on their side and place back portion on back of patient. Place grooves in back of brace between hip bones and ribs. Log roll patient on back so front portion can be placed.
3. Place the front portion of brace on top of the back portion. The grooves in the front part should be fitted just above the hip, but kept as LOW as possible on the hip. If this is not low enough the lower ribs will be uncomfortable and the abdomen will protrude out from underneath the bottom of the front.
4. The L.S.O. should be as TIGHT as possible/tolerable; there should be no gaps between the L.S.O. and the trunk. Gaps are a sign that the L.S.O. is TOO LOOSE. This creates inadequate spinal support and the grooves will not anchor the L.S.O. on the hips. It will tend to “ride up.” If this is the case, lower the L.S.O. into its proper position and make it tighter than it was previously. Also, make sure the front piece is sitting over/on top of the back piece.
5. The L.S.O. is designed to protect your spine. You will be able to sit erect in it, but you will NOT BE ABLE TO BEND FORWARD at your waist. You should be able to sit at a 90° angle.

A snug fitting T-shirt (preferably cotton) should be the only thing worn under your L.S.O. All other CLOTHES should be worn OUTSIDE the L.S.O. The T-shirt should be kept as dry and clean as possible. Follow the doctor’s instructions on wearing times.

The L.S.O. can be cleaned with rubbing alcohol inside and out, this will keep it disinfected and will minimize risk of a rash. Your skin is not used to something as rigid as an L.S.O. We expect some areas of reddening. Give yourself 10 days to become accustomed to wearing the L.S.O. If there are areas on it that are extremely uncomfortable or it feels like it is drastically limiting you, please feel free to call us and discuss the problem. It may need an adjustment or it maybe that your level of spinal problem is such that we need to alter your activity level.