

WEARING INSTRUCTIONS LSO CORSET



Wearing of Corset

Donning (putting on)

- Best performed lying down on bed, and before first rising of the day
- Put corset on over a t-shirt for added hygiene and perspiration protection
- Release all straps to their loosest positions
- Tag on back of corset denotes the top.
- Position tag on top, facing body, and in center of back
- Bring corset panels around body to meet in center of abdomen/chest
- Fasten front Velcro bottom to top, insure Velcro remains centered
- Tighten side straps bottom to top, left and right in unison

Doffing (taking off)

- To be done when lying in bed, at night or at other times deemed by physician
- Loosen and remove front Velcro straps
- Remove corset
- Loosen all straps before re-applying

Positioning/tightness of Corset

- Top of front panel should be 2-3 fingers from bottom of breastbone
- Bottom of front panel should be just above pubic bone, it should not pinch thighs when sitting
- Front Velcro straps should be centered on body
- Paraspinal stays (if inserted on back of brace) run on either side of the spine
- You may loosen top center Velcro after eating, or if breathing becomes difficult
- You may loosen/remove corset if in bed or lying horizontal

Your corset should be worn as tight as tolerated. The tighter it fits, the better the support.

*Please note - If you are post-surgical/trauma, increase the tightness of the corset as pain decreases and wounds heal.

Care and maintenance

Wash corset by hand at least every two weeks unless high levels of physical activities occur. Do not put in washer or dryer. Please hang dry or use a light setting on your hair dryer to aid drying time. Wash according to personal indications, unless otherwise instructed by orthotist, therapist, or physician.

1600 Wilson Boulevard, Suite 200, Arlington, VA 22209
703-807-5899 contactus@infintetech.org www.infintetech.org