



## WEARING INSTRUCTIONS FOR T.L.S.O. (Thoracic-Lumbar-Sacral-Orthosis)

1. The T.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 T.L.S.O. should be as TIGHT as possible/tolerable; there should be no gaps between the T.L.S.O. and the body. Gaps are a sign that the T.L.S.O. is TOO LOOSE. This creates inadequate spinal support and the grooves will not anchor the T.L.S.O. on the hips. It will tend to “ride up.” If this is the case, lower the T.L.S.O. into its proper position and make it tighter than it was previously. \*If you have a sternal shield, it should sit 2-3 fingers below the notch at the bottom of your neck to ensure proper positioning.
5. The T.L.S.O. is designed to protect your spine. You will be able to sit in it, but you will NOT BE ABLE TO BEND FORWARD past a right angle. You should be able to sit at a 90° angle. The T.L.S.O. WILL NOT ALLOW A FORWARD SLOUCH of the head and shoulders. The front top portion of the T.L.S.O. will resist a forward slouch by becoming tight and uncomfortable. If this occurs, sit as upright as possible.

A snug fitting T-shirt (preferably cotton) should be the only thing worn under your T.L.S.O. All other CLOTHES should be worn OUTSIDE the T.L.S.O., including underwear and pants. The T-shirt should be kept as dry and clean as reasonable.

**\*\*Follow the doctor’s instructions on wearing times and bathing instructions.**

Your skin is not used to something as rigid as a T.L.S.O. You can expect some areas of reddening. On the reddened areas we recommend rubbing alcohol to be rubbed on the site to help toughen the skin. DO NOT USE CREAMS OR LOTIONS on the reddened areas as they will soften these areas and defeat the purpose of toughening the skin. DO NOT USE THE ALCOHOL ON ANY OPEN AREAS such as an incision or wound. The T.L.S.O. can be cleaned with rubbing alcohol inside and out, this will keep it disinfected and will minimize risk of a rash.

Give yourself 10 days to become accustomed to wearing the T.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. We may need to see you for a follow up appointment.