

Custom Fit Lumbar-Sacral Orthosis (LSO)



- A lumbar-sacral orthosis is a brace worn to help with the support and function of your back following surgery.
- The brace has been molded and modified specifically for you.
- The brace extends from your pelvis to the middle of your back.
- Always follow specific instructions and wearing directives given to you by your doctor and practitioner.



Post Operative Information (If the brace is fit following surgery.)

- Following surgery your abdomen may be swollen. This swelling may affect the fit of your brace. The brace may need to be readjusted to accommodate for continued swelling. Later, it may also need to be readjusted when the swelling subsides so the proper fit is achieved. If this is the case, please contact our office. We will be happy to assist you.

General Information

- Your LSO is a single piece that opens in the front.
- It is made from the following materials: fabric, foam, laces, and plastic.
- The Velcro waist band and Velcro pull tabs are used to adjust the snugness of fit and limit motion in your spine.
- The brace works by increasing pressure over your abdomen and support from the design of the brace.

Applying the device

Prior to wearing the brace, it is important to check the following things:

- Make sure the brace is clean and dry.
- Make sure there are no cracks, rough edges, or worn areas on the brace.
- Make sure the rivets and straps are secure on the brace.
- Make sure your skin is clean and dry.
- Examine your skin and look for abnormal redness, blisters, or sores at least 1 time a day.
- This device is designed to always be worn with protective cotton undershirt between your skin and the brace.

****Always follow the wearing instructions of the device as described by your doctor.**

**** If you are on spinal precautions, consult with your physician before putting on the TLSO!**

Precautions

- See manufacture's written instructions for cleaning instructions. If the pads become worn and extremely soiled, replacement kits are available. Please let us know if this becomes an issue for you.
- Keep your brace away from excessive heat.
- When sitting, you may find it helpful to place a small pillow behind your lower back and sit as straight up as possible for comfort.
- Avoid soft chairs and sit up straight or lean back slightly. This will help reduce pressure on the chest.
- Do not lean over the table while eating. Bring food up to your mouth while sitting straight.
- If the brace is riding up under your arms or your throat, it is likely the brace is fastened too loosely. It requires repositioning and retightening of the straps.

**** If you find any concerns or questions, contact your practitioner before wearing the brace.**

(Instructions continued on back side of instruction sheet)

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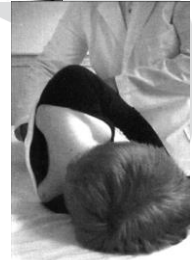
Cedar Rapids, IA - Toll Free: (877) 209-0913

Des Moines, IA (Clive) - Toll Free: (844) 340-2344

Sioux City, IA – (712) 899-4352

Applying the device Method.

- You will need someone to help you put the device on correctly.
- First, familiarize yourself with the position of the LSO to make sure it is positioned correctly. The embroidered label is on the outside of the brace that will face away from your body. The name will also be readable across your back. This is one way to tell the top from the bottom of the brace.
- Second, the patient should be lying on their back on a flat surface.
- Third, the helper needs to raise one of the patient's arm above their head. Then, log roll the patient onto their side toward their raised arm. Be sure the patient's hips and upper body move together without twisting.
- Fourth, with the back piece in the proper position the helper should place it against the patient's back and slide one side of it under the side of the patients' body lying down.
- Fifth, the helper needs to roll the patient onto their back while holding the back piece of the LSO against the patient's back. Recheck the alignment of the waist. Also check that the back shell is centered evenly on both sides of the patient's body. Reposition the brace, if necessary.
- Sixth, wrap the front panels of the LSO around the patient's abdomen. Make sure to wrap the brace snugly. If the patient has a pendulous abdomen, make sure to wrap the side straps around the lower portion of it.
- Seventh, tighten the straps by pulling the thumb tab straps toward the front of the patient's body. Once the proper amount of tension is reached, Velcro the straps into position on the larger waist band. Straps must be snug in order to maintain good support and restrict movement. Do not over tighten the brace.



Removing the device method.

- When removing the brace. Have the patient lie on a flat surface on their back.
- Be sure to loosen the Velcro pull around tabs and Velcro them on the sides of the brace to prevent them from getting caught on clothing.
- Then un-velcro the waist band. Next have the patient roll to their side to remove the brace.
- Once the brace is completely removed, pull both sides outward to return the brace to the starting position for proper application of the device the next time.