

# Device Guide

## Semi-Rigid Thoracolumbar Sacral Orthosis (TLSO) and Semi-Rigid Lumbar Sacral Orthosis (LSO)

### PURPOSE

The semi-rigid TLSO is designed to provide support for the upper and lower back, the thoracolumbar and sacral regions of the spine. The semi-rigid LSO is shorter and designed to support only the lower back, or lumbar sacral regions of the spine. They work by restricting motion and providing abdominal compression. The abdominal compression produces a “hydraulic” effect and influences the position of the back.

### DONNING INSTRUCTIONS

1. Always loosen all the straps as much as possible.
2. Be sure that the orthosis is oriented properly; the lowest part of the front is at or just above your pubic bone.
3. Tighten the straps as tight as you can tolerate. This will maximize compression and decrease the amount of brace migration.
4. If the brace has shoulder straps, make sure axilla pads are under your armpits to reduce pressure from the straps.
5. You should always wear some type of undergarment to protect the brace from soiling.

### BREAK-IN SCHEDULE

Your physician will determine the amount of time you will wear the orthosis, and it is usually contingent upon your diagnosis.

### CLEANING INSTRUCTIONS

- Wearing an undershirt will help keep the inside of the brace clean.
- If it needs to be cleaned it is best to hand wash the brace and let it air dry.
- Keep all straps free of lint. A lint build-up will decrease the effectiveness of the straps.
- Don't expose the brace to excessive heat; it could cause the plastic to deform.

### PRECAUTIONS

- Make sure you always wear the brace snug. If the brace is not tight it will not be effective.

### MAINTENANCE

- If the brace becomes damaged or the straps are not adhering properly you should call your practitioner to have the brace evaluated.

### DON'T HESITATE TO CONTACT US

If you have a change in your condition or if you experience significant weight gain or loss, it is important to have your orthosis reassessed. Lawall takes great pride in our continuing care program. Seeing our patients for regular follow-up visits helps to avoid problems before they become major issues. Don't hesitate to call or make an appointment if you have any questions.  
1-800-735-4627