

Device Guide

Custom Plastic TLSO and LSO

PURPOSE

The purpose of the TLSO is designed to immobilize your thoracolumbar spine. The LSO is designed to immobilize your lumbar spine. They are both total contact braces, which require an intimate fit.

DONNING INSTRUCTIONS

1. Always wear a t-shirt under the brace. This provides a barrier between the skin and the plastic and helps to absorb perspiration.
2. Make sure that the indentations on the inside of the TLSO/LSO are just above the hip bones.

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 a t-shirt will help keep the brace clean.
- If necessary, you can wipe the brace down with rubbing alcohol to disinfect it.
- 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

- Keep the straps pulled as tight as you can tolerate. Your practitioner can mark the straps to help ensure you are tightening the

straps properly. This will help prevent migration and maximize the effectiveness of the TLSO/LSO.

- If you have localized redness, lasting longer than 10-15 minutes, call your orthotist. This could indicate an area where you are experiencing too much pressure and an adjustment may be necessary. However, it is normal to experience pressure over a large area and have a pink discoloration on your skin. The pink discoloration should only last 10-15 minutes.
- Don't expect to be able to move in all directions or sit in all types of chairs. The orthosis is designed to limit some of your improper motions and positions.

MAINTENANCE

- Over time straps tend to wear out and they may need to be replaced or adjusted. If this occurs call your orthotist for an appointment.

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 TLSO/LSO 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