

Guidelines for TLSO and LSO

Introduction

If this is your first orthosis, you may have some questions about its use and care. An understanding of the orthosis may ease some of your initial concerns. Your orthosis was designed in accordance with the highest standards of modern medical technology by an orthotist, an expert trained to design, fabricate, fit and maintain the device you are receiving. You will be given an optional follow up appointment to make sure that everything is functioning properly.

In the meantime, you will be getting accustomed to wearing your new orthosis. Ideally you will benefit from improved stability and reduced pain, but the orthosis will require some attention and care from you in order to make this happen.

Often, a new orthosis needs a gradual break-in regimen. If this is the case, your orthotist will discuss a wear schedule with you. It is very important to follow this schedule; ignoring your orthotist's advice will increase your risk for complications, and may prolong or even add to any pain you are experiencing. It may take several weeks before wearing the device feels comfortable, so don't be discouraged.

The following tips will make wearing an orthosis a positive experience, and will allow the orthosis to function properly.

TLSO vs LSO

TLSO is the acronym for Thoracic-Lumbar-Sacral Orthosis. This orthosis is frequently either a two-piece plastic clamshell design or a single piece that opens in the front or back, that extends from the pelvis to just below the collarbones. It is used to stabilize the spine after surgery or for fractured vertebrae and other spine disorders.

LSO is the acronym for Lumbar-Sacral Orthosis. This orthosis is a lower profile version of the TLSO and is also used to stabilize the spine after surgery or for fractured vertebrae, disc problems, and other spine disorders.

General Wear

Your physician will tell you when and how long to wear your orthosis. We recommend the use of a fitted t-shirt under the orthosis for air circulation and tissue protection. The use of cotton is NOT recommended. Synthetics, wicking shirts are the best design for use under your orthosis.

While donning the orthosis, it is recommended that you lie on your back. This will help ensure it is aligned correctly, and maximize the stability and comfort you should be benefitting from.

As you are lying down, make sure you have the front and back panels correctly positioned from the top and bottom. They are marked with labels for your convenience. Next, place the back panel by rolling to your side and positioning the panel so that the "indentations" fit snugly into your natural waistline, resting just above the hip bones. Roll back to a flat position and re-position the back panel if necessary to center it on your back. After that, apply the front panel. The indentations on the front of the orthosis should align with the indentations on the back panel. Make sure the front panel overlaps the rear panel on the outside. This prevents the pinning of tissue. Fasten all straps and tighten. The orthosis should be snug.

Tips and Problem Solving

If the orthosis is slipping or riding up, it is probably too loose and may require repositioning.

It is a good idea to avoid soft chairs, and while sitting down make sure you are either sitting up straight or leaning slightly back. Similarly, do not lean over the table while eating. The food should be brought to the mouth while sitting straight. Keeping this in mind will help to reduce pressure on your upper chest, and avoid the risk of pain and discomfort.

After removal of the orthosis, you should check your skin for signs of irritation. Redness over a large area that dissipates within 15 minutes after removal of the orthosis is usually normal.

If you have localized redness caused by pressure, or if there are any problems or questions with the brace, please contact our facility so that changes can be made to your orthosis.

Proper Hygiene

It makes sense to keep both your orthosis and yourself as clean as possible. Any skin covered by the orthosis should be washed daily with warm water and mild soap. Generous rinsing ensures removal of all lather since dried soap irritates the skin. The skin should be completely dry before wearing an orthosis.

The best way to clean your orthosis is to spray the inside with rubbing alcohol and wipe dry to remove body oils and residue. It can also be cleaned by wiping with a damp towel and anti-bacterial soap, or anti-bacterial moist towelettes. Do not immerse the orthosis in water, as this will harm it. Your orthosis may be towel-dried or left to dry at room temperature, but avoid drying it with a blow dryer or a heater as excessive heat may damage the plastic.

If any part of your brace cracks or breaks, including the fabric portions, make an appointment and bring it in for repair immediately.

Scheduled Visits

You should schedule a follow-up visit now that you have received your orthosis. It is necessary to be seen to make sure the orthosis fits properly, is providing the required support, and that it doesn't cause an undue pressure or discomfort.

Future visits and orthotic maintenance checks may also be set at a schedule determined by your individual needs. Following this time frame will offer you peace of mind and guarantee that your orthosis is providing maximum support, comfort, and assistance.

Thank You

We appreciate the confidence you have placed in us by selecting our services. Our team of skilled professionals is dedicated to providing you with the highest level of orthopedic care, and to designing the orthosis best suited to helping you attain the greatest degree of function. We trust you will be pleased with your orthosis. Following these suggestions should stop you from having any issues, but if you have a concern, please call us.

Questions

It is always best to contact your orthotist if questions arise about your orthosis. Our staff is ready to answer your questions and eager to fix any issues you may be having. We're here to give you the best possible care, so let us know how we can help.

Your orthotist is:

Jim P. Rogers, CPO, LPO

Phone Number:

(423) 648-4898