



# Prosthetix Shop LLC

## TLSO/LSO - Custom Care Sheet

### What is a TLSO/LSO?

A TLSO (Thoracic-Lumbar-Sacral Orthosis)/LSO (Lumbar-Sacral Orthosis) is a two-piece plastic spinal brace. It works like a body cast that can be removed. The purpose of your TLSO is to maintain control of your spinal posture, help reduce pain, prevent further injury and promote healing.

### Wearing your TLSO/LSO:

Your TLSO/LSO must be worn tightly. It should reduce or prevent harmful motion in your back. It should be uncomfortable when you begin moving into positions you should avoid. You should be able to do many normal activities by yourself or with a little help from caregivers or an assistive device. Ask your doctor for detailed guidelines and restrictions.

### Planning for your trip home:

Arrange for someone to drive you home. Firm seats will prevent the back-bottom edge of your TLSO/LSO from being pushed upward by seat cushions. Bend at your hip and knees, but not your back when getting into and out of a vehicle, sitting or standing. A car with seats that recline is the best choice.

### Putting on your TLSO/LSO:

You should wear a T-shirt under the TLSO/LSO. The T-shirt needs to fit snugly with no wrinkles under the brace. Your TLSO/LSO should be put on while still lying down. Always wear a T-shirt under the brace to provide a barrier between your skin and the plastic and to absorb perspiration.

### IMPORTANT:

The TLSO/LSO waist groove must be placed low on your waist (the soft space on your side between your hipbone and your ribs). Close the straps evenly and snugly (you may need help). If the TLSO/LSO is "riding up" on you it is too loose. Move the TLSO/LSO to the correct place and tighten the straps again. Your doctor will tell you when to wear your brace and for how long you will need to wear it.

### Showering/bathing:

If your doctor has told you to wear your TLSO/LSO at all times when standing or sitting, you may have sponge baths with the brace off while lying in bed or take showers while wearing the TLSO/LSO. In both cases, clean the inside of the TLSO/LSO while you are lying on your bed. If you shower, you should lie on the bed when you are done and sponge bathe the area under the brace. Be careful not to twist or bend your back while the TLSO/LSO is off. After your skin and the inside of the TLSO/LSO are both dry, put the TLSO/LSO on again before sitting or standing.



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## Sleeping:

Your doctor will tell you if you should wear your TLSO/LSO while sleeping or lying down. Your doctor may change these instructions during your course of treatment based on changes in your condition. If you are allowed to remove the TLSO/LSO while sleeping, be sure to put it on before you get up. If you need to get up and go to the bathroom during the night, it may be easier to keep the brace on while sleeping.

## Cleaning the outside:

Wipe off the outside with a damp or soapy cloth, and then dry. The straps may be scrubbed with a brush on the smooth Dacron side. They can air dry while the TLSO/LSO is being worn. The hook fastener area will hold best if all the lint is removed.

## Cleaning the inside:

The TLSO/LSO is lined with waterproof closed cell foam. When you take your TLSO/LSO off for your bath, wipe the inside with a damp cloth. If you prefer, you may also use a mild soap that you would use on your skin. Rinse the soap off the TLSO/LSO and dry the inside with a towel or a hair dryer set on "low" or "cool" before you put it on again. Once a week, wipe out the inside of the TLSO/LSO with rubbing alcohol. While the TLSO/LSO is off, change your t-shirt and dry any sweat from your skin so all places under the TLSO/LSO are dry. Do not use cornstarch on your skin.

## Daily Activities:

Your TLSO/LSO will make it hard to bend over and also make you more top-heavy than usual. Avoid bending over to reach your feet or the floor. Bend at the knees and hips, not the waist. You may need help or special tools to dress, pick things up from the floor, or wipe after going to the bathroom. An Occupational Therapist can provide tools and teach you new ways to do things while wearing your TLSO/LSO. Be careful on stairs and use handrails. Avoid lifting heavy objects during the rehabilitation process.

## How long do I need to wear the TLSO/LSO?

Your doctor will decide how long you need to wear your TLSO/LSO. **You must be sure to follow your doctor's advice even if you feel better and would like to stop wearing it sooner.** Your doctor will be checking your progress and will decide what is in your best long-term interest.

## Things to remember:

Do not expect to be able to move in all directions or sit in all types of chairs. Although your upper and lower extremities should not be impeded, the brace is designed to limit certain motions and positions. You should inspect your skin under the brace daily to check for any breakdown. If you notice areas of breakdown, please call **Prosthetix Shop** for an in-office appointment to have the TLSO/LSO adjusted.

**What should I do if my neurological symptoms get worse?** If you have more numbness, tingling, pain, loss of bowel or bladder function or are less able to move or do daily activities- **Contact your Physician.**