



Prosthetix Shop LLC

[TLSO/LSO - Prefab Care Sheet](#)

[What is a TLSO/LSO?](#)

A TLSO is a Thoracic-Lumbar-Sacral Orthosis, and a LSO is a Lumbar-Sacral Orthosis. The purpose of the TLSO/LSO is to control your spinal posture, help reduce pain, prevent further injury and promote healing. Prefabricated Braces are highly adjustable. Please refer to the direction guide for initial questions.

[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.

[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. Your Clinician left you contact information, so if questions arise please contact [Prosthetix Shop](#).

[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.

[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.

[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.

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**