

## Instruction for LSO

### **Application**

1. Begin with the patient lying flat on their back
2. Look over the patient's skin to make sure that there are no red areas or sore areas.
3. Put on a snug T-shirt.
4. Log roll the patient onto one side.
5. Place the back section of the LSO (brace) on the patient's back with the inside close to the patient and the top pointing to the head. Make sure the dented area is lined up with the waist (usually the belly button).
6. Log roll the patient onto their back. Make sure the back section of the brace is in the proper position. Smooth out the t-shirt.
7. Put the front section of the brace on. Make sure the front section overlaps the back section.
8. Place the straps through the metal loops. Starting with the two middle straps, start tightening them up. During this process make sure that the front section of the brace is positioned properly on the patient. Tighten straps until they are snug. If not, the LSO will move out of the proper placement.
9. Every time the LSO is taken off, you must do a skin check. If the patient has any red areas that do not go away within 30 minutes, contact the department at the number listed above. The brace may need to be fixed.

### **Wear and Care**

1. The patient is to wear the LSO while standing, sitting, and walking.
2. When the LSO is removed, wipe down the inside with a cloth and rubbing alcohol. Check for any damage or loose/worn straps.
3. Do not leave any plastic brace around heat. For example: in a hot car, near a radiator, or furnace.
4. Do not try to fix, alter, or change the brace by yourself.

**If you have any problems, concerns, or physical changes related to the device, please contact the ACH Orthotics and Prosthetic Department at 501-364-1192.**

**Hours of operation are from 8 AM to 5 PM**

**Problem after hours? Emergency? Go to your local emergency room.**