Instruction for TLSO (Thoracic-Lumbar-Sacral-Orthosis)

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 TLSO (brace) on the patient's back with the inside close to the patient and the top pointing to the head. Make sure the waistline groove is lined up with the waist (use the belly button as a reference mark).
6. Roll the patient onto their back while keeping the back section of the brace in place. Once the patient is lying on their back, make sure the back section of the brace is in the proper position. Smooth out the t-shirt.
7. Place the front section of the brace on the patient with the top pointing to the head. Make sure the front section overlaps the back section.
8. Place the straps through the metal loops. Tighten the straps starting with the two middle straps. During this process make sure that the front section is positioned properly on the patient with the dent on both the front and back sections lined up with each other. Tighten straps till they are snug. If not, then the brace will not support the patient’s spine correctly.
9. Every time the brace is taken off the patient, you must do a skin check. If the patient has any red areas that do not go away within 30 minutes, call the Orthotics and Prosthetic Department at the number listed above. The brace will need to be fixed.

Wear and Care

1. The patient should wear the TLSO while standing, sitting, and walking.
2. When the TLSO 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.