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## **INSTRUCTIONS FOR BIVALVE LUMBOSACRAL ORTHOSIS (LSO) or THORACOLUMBOSACRAL ORTHOSIS (TLSO)**

### HOW DO I PUT THE DEVICE ON?

1. Proper application of your orthosis may initially take two people. If the patient is in bed, it is easiest to start while side-lying with the arms above the head. The assistant needs to position the back half of the orthosis with the label "TOP BACK" facing up. Slide the device under the patient's side, making sure the indentations for the waist are below the ribs and above the pelvis. Eliminate any wrinkles in the underclothing, as these may cause irritation to the skin.
2. The patient then turns to lie on their back. At this time, it is important to look and make sure the indentations for the waist are below the ribs and above the pelvis, and that the device is not rotated on the body.
3. Once the position of the back half is appropriate, the front half may be placed on the patient with "TOP FRONT" facing up. The front half overlaps the back half. The Velcro straps may then be secured. It is important to tighten the straps so that they overlap equally.

### CLOTHING

Underneath the orthosis, it is recommended to use a snug fitting cotton tank top or T-shirt. Avoid loose fitting undergarments in order to avoid wrinkles, which irritate the skin. Underpants and pants are to be worn **OVER THE OUTSIDE** of the device to aid in restroom activities. It may be necessary to use a larger pair of pants to accommodate the device.

### CARE OF ORTHOSIS

Your orthosis should be washed daily, especially if you perspire considerably. Use lukewarm water and an antibacterial soap. Alcohol may be used for disinfection. It is important that you keep your orthosis away from hot environments, as extreme heat may melt or deform the plastic of the orthosis. Inspect your device daily for any signs of damage or wear, such as cracking or loose parts. A yearly re-check is advised.

### WEARING TIME

Typically, you should wear your orthosis for any activities in which you are not lying down. Use the device as prescribed by your physician.

### GENERAL INFORMATION

- Your orthosis may fit more tightly after meals. It is permissible to slightly loosen the straps after the meal, but do not forget to tighten them to original setting after about an hour. It is generally best to secure the straps as firmly as reasonably tolerated, to provide the most support.
- Your orthosis may tend to "ride" upward when sitting, especially if the device is worn too loosely. You may find that you need to loosen the straps, pull the orthosis back down into place, and re-secure the straps. Some of your movements may be restricted when wearing your device. You will learn that you must bend at the hips and knees instead of the waist.
- Never attempt to make adjustments to the orthosis – this will void warranty.
- If you have problems with this device; immediately discontinue use and contact your orthotist.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_