

Using a TLSO Brace

(TLSO means Thoraco – Lumbo – Sacral – Orthosis)

Why do I need a TLSO Brace?

Following spinal surgery or injury to your back, you will need to wear a TLSO (Thoraco – Lumbo – Sacral – Orthosis). This orthosis (brace) is used to restrict movement of the mid and lower spine while it heals.

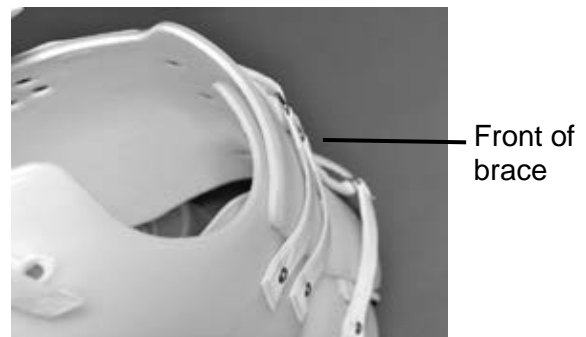
Your surgeon will decide how long you are required to wear the TLSO, usually 10 to 12 weeks.



How to put on your TLSO Brace

Wear your TLSO on top of a snug t-shirt or undershirt.

1. Lying on a flat bed, log roll to one side. This means to roll like a log. Do not twist!
2. Slide the back piece under your back, making sure to line up the pelvic indentation (or groove) of the brace over the edge of your pelvic or hip bone.
3. Roll onto your back.
4. Check if the brace is in the correct position, hip (pelvic) indentation is in place and the brace is in a midline position and of equal heights on each side of the body. If it is not, readjust brace by rolling to the opposite direction then readjusting the position of the brace into the right position.
5. Attach the abdominal strap.
6. Place front of the brace on top, making sure that it overlaps the bottom piece.
7. Bring all 6 side Velcro straps through the metal loops. First, tighten the bottom two straps at the same time, then the middle two and lastly the top two straps. The TLSO should be worn snugly.
8. Next bring the two shoulder straps over your shoulders (like suspenders), and thread them through the top metal loops fastening snugly.
9. You may now get out of bed.



If the brace is not fitting comfortably, do not try to adjust it yourself. Call the office of the Orthotist who fitted you for the brace.

Wear the brace at all times whenever you are sitting up or standing. It can be removed when you are lying down.

How to remove your TLSO Brace

1. Lie down flat on your back.
2. Undo Velcro straps.
3. Remove front section first.
4. Log roll to the most comfortable side.
5. Slide out the back section.

Moving around while wearing your TLSO Brace

Getting out of bed:

1. Log roll onto your side.
2. Drop your legs over the side of the bed and push yourself up to a sitting position.

Getting into bed:

1. Sit on the side of the bed and lean down on your elbow and forearm.
2. Lift your legs up onto the bed, staying in the side lying position.
3. Log roll from your side onto your back.

Bathing

Sponge bathing is recommended while wearing your brace. It is not recommended that you wear your brace in the shower or bath. As your back heals you may be permitted to shower without the brace, but only as directed by your surgeon.

Cleaning the brace

Someone will need to help you clean the brace. We recommend washing with soap and water at least once a week. You can disinfect the brace with rubbing alcohol. Allow the brace to dry completely before reapplying.

Skin care

Have someone help you check your skin for any red areas every day. If there are any red areas that do not go away or you have increasing discomfort from the brace, let the Orthotist know.

Let your surgeon know if discomfort continues.

Cost of the brace

OHIP does not cover the cost of the brace. You will be given an invoice for the cost of the brace. Some health insurance plans may reimburse you for the cost. You can ask for a prescription from your surgeon.

If you have any problems, questions or concerns regarding your brace, please call the office of the Orthotist who fitted you for the brace.