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### Thoracic-Lumbar-Sacral Orthosis (TLSO) and Lumbar Sacral Orthosis (LSO)

		
<b>TLSO</b>	<b>TLSO with Thoracic Extension</b>	<b>LSO</b>

TLSOs and LSOs are used for stabilization of the spine following surgery or fractured vertebrae. They are commonly designed in 2 pieces (bi-valve design) or with a single piece that has an opening in the front or back of the orthosis.

#### Putting on your TLSO or LSO:

Depending upon the severity of your injury, your physician may instruct you to only remove the orthosis when lying down, and therefore requires you to don and doff your orthosis while lying down.

To don your orthosis while lying down (often requires assistance)

1. First do a stiff barrel roll to one side.
2. Place the side of the posterior portion against the back and slide part of it under the side of the body. Align the waist indentations to match the position of the waist.
3. While holding the posterior portion, roll onto the back and onto the posterior portion of the orthosis. At this point, some adjustment may have to be made to re-align the posterior portion of the orthosis to be in the correct position.
4. Place the anterior portion of the brace on, and secure the straps. Secure the straps from bottom to top and ensure a snug fit to maintain good support of your back.

If your physician allows, you may also don and doff the orthosis while sitting.

To don your orthosis while sitting:

Position the posterior portion of the orthosis to match the waist to the waist indentations and secure the front portion to the back portion of the brace. If possible, you can position the back portion of the brace on a chair and use the chair to hold the back portion in place while you secure the front portion to it. Once the brace is secured, stand up and reposition the brace to ensure that it is a snug fit.

#### Caution:

- If the TLSO is riding up under the arms or at the throat, it is most likely too loose and requires repositioning
- Avoid soft chairs and sit up or lean back slightly, this will help reduce pressure on the chest
- Do not lean over the table while eating, sit up straight and bring food to the mouth to reduce pressure on the upper chest.

Please call your orthotist at **East Coast Orthotic and Prosthetic Corp** if you have any questions or experience any problems.