



## Lumbo-Sacral Corset Care and Use Guide

You have just received your new corset which is designed to function as an immobilization device to restrict excessive motion in your spinal column. You will be limited in your daily activities because of this.

### Application:

- It is recommended to wear a clean t-shirt underneath your corset.
- The corset is designed to fit the body around the hips with the bottom edge even with the coccyx (tailbone).
- Position the front of the corset to cover as much of the abdominal area as possible but not too low that it interferes with sitting.
- Tighten the corset as much as you can comfortably tolerate to provide maximum benefit.

### Wearing Schedule:

- The length of time that you will need to wear your corset will depend upon your condition and is determined by your physician.
- If your physician has given you a specific wearing schedule it will be as follows:
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### Orthosis Care:

- Hand wash your corset in lukewarm water and mild soap.
- Do not dry your corset in the dryer. For best results, dry your corset flat on a towel or drying rack.

If at any time you have questions or concerns, please contact your orthotist.