



TLSO Body Jacket Care and Use Guide

You have just received your new orthosis which was designed and custom made especially for you. Please refer to the following instructions for the care and use of your brace.

Application:

Your orthosis is a two piece design with a posterior (back) and an anterior (front) section. The front overlaps the back along each side. You will need to apply the orthosis in the supine (lying on your back) position.

- Apply a cotton t-shirt between the orthosis and your skin. Change daily as needed.
- Log roll and slide the posterior section under your side. Roll back and adjust for comfort.
- Place the anterior section on and have it overlap the back so the inside seam along each side is smooth.
- Gently fasten the Velcro to a firm but comfortable tightness.

Wearing Schedule:

- The length of time that you will need to wear your orthosis will depend upon your condition and is determined by your physician.
- The TLSO is to function as an immobilization device to restrict excessive motion in your thoracolumbar spine. You will be limited in your daily activities because of this.
- **Do not** get out of bed without your orthosis on unless it has been cleared with your physician.

Skin Maintenance:

- Any redness or irritation that does not resolve after 15 minutes with the brace off, please notify your orthotist for adjustments.

Orthosis Care:

- Your orthosis can be cleaned with mild soap and water and towel dried. It is important to clean your orthosis daily to prevent bacteria build-up and skin irritation.

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