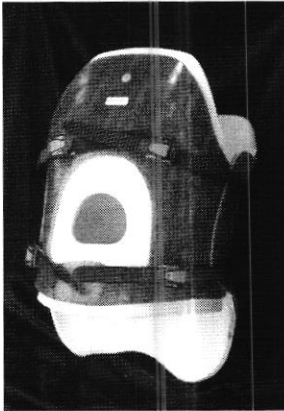


## Clamshell TLSO Wear and Care

TLSO: thoracic lumbar sacral orthosis



### Important Information:

1. Follow your physician's instructions regarding when you must wear your brace and for how long.
2. Wear only a snug t-shirt, preferably cotton, under your brace. It will wick moisture from your body and increase comfort. Make sure the shirt does not wrinkle under your brace.
3. Never put lotion on or under your t-shirt. This will cause skin problems.
4. The front piece goes inside the back piece.
5. If instructed by your physician to wear your brace when showering, make certain it is completely dry before donning. Wipe the brace dry with a towel and let air dry thoroughly. You may want to direct a fan at the brace to speed the process.
6. The brace should be as worn as tight as tolerated. The more snug the fit, the more support it provides to your spine.
7. If the brace is rubbing against your skin, causing irritation and redness or is too loose, do not hesitate to call our office to set up an appointment to have your brace adjusted. Adjustments are common and encouraged.
8. Remember, the brace is a reminder to maintain proper alignment during the healing process. If you feel the brace is restricting a particular motion, don't do it.
9. Again, do not hesitate to call our office if you have any questions or concerns.

### Applying/Donning Instructions:

\*You may need assistance

1. While lying flat on your back, log roll to one side and place the back piece in place, making sure the narrowest section of the back half is between your lowest rib on top and your pelvis on the bottom.

2. Roll into the back half of your brace. If it is not centered, roll to the opposite side and adjust it.
3. Check the indented areas again, making sure they are still between your lowest rib and pelvis. If not move the brace up or down into the proper position. Another landmark is the bottom edge of the back piece will be at your tailbone.
4. While lying on your back, place the front piece of the brace on top, making sure the sides of the front piece are inside the back piece.
5. Velcro Straps: Run the velcro straps through the chafes. Tighten and velcro both bottom straps evenly and at the same time. Then tighten and velcro both of the top straps evenly and at the same time. If there are shoulder straps, tighten and velcro those last. The shoulder straps should not be so tight that it pulls the brace up when sitting.

Ratchet Straps: Push the straps through the slots between the brace and the “buckle.” Pull both bottom straps through to even lengths. Pull both top straps through to even lengths. Next, lift up both of the gray parts of the bottom buckles up at the same time, 2 times. (It will make two clicking noises.) Then lift up both of the gray parts of the top buckles at the same time, 2 times. Continue to alternate, bottom buckles, then top buckles, until the brace is snug.

6. You may need to loosen the straps a little when sitting to make it easier to breath.

### **Removing/Doffing Instructions:**

\* You may need assistance.

1. While lying on your back,
  - a. If you have velcro straps, detach all of the straps.
  - b. If you have ratchet straps, lift only the orange part of the buckle with one hand and pull the strap through the slot with the other. Do this for all of the straps.
2. Lift off and remove the front half of the brace.
3. Log roll onto your side and remove the back half of the brace.

### **Cleaning Instructions:**

Use a damp soapy cloth or sponge to periodically clean all surfaces of your brace. Be certain that the brace is thoroughly dry before putting it back on. Rubbing alcohol may be useful on the interior surfaces of your brace to kill bacteria and remove soap residues. However, use it sparingly since rubbing alcohol can deteriorate the foam.