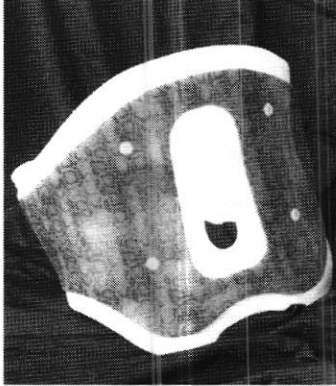


## Anterior Opening LSO Wear and Care

LSO: 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. 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.
5. The brace should be as worn as tight as tolerated. The more snug the fit, the more support it provides to your spine.
6. 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.
7. 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.
8. Again, do not hesitate to call our office if you have any questions or concerns.

### Applying/Donning Instructions:

1. While sitting on the edge of a bed, open the brace and wrap it around your waist.
2. Wrap the front tongue piece around and slip under the other side of the brace.
3. Velcro Straps: Run the velcro strap(s) through the chafe(s) and velcro the strap(s) in place. The strap(s) should be snug enough to hold the brace in place as you stand up to do the rest of the steps.

Ratchet Straps: Push the strap(s) through the slot(s) between the brace and the “buckle.” Pull the end(s) of the strap(s) so the brace is snug enough to hold the brace in place as you stand up to do the rest of the steps.

4. Stand up and check to make sure the brace is in the proper position. The narrowest sections of the sides of the brace should be located between your lowest rib on top and your pelvis on the bottom.
5. While standing with the brace in the proper position, push your back up against a wall. This will provide support and stability and keep your spine in proper alignment as you do step 6.
6. Velcro Straps: Tighten and velcro the strap so the brace is as snug as tolerated. If there is more than one strap, tighten and velcro both straps evenly and at the same time. As stated earlier, the tighter the brace is, the more support it is providing your spine.

Ratchet Straps: Lift up the gray part of the buckle until it clicks. If there are two straps, lift the gray part of the buckles up at the same time. Continue lifting and releasing the gray part of the buckle(s) until the brace is snug.

7. 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 sitting on the edge of the bed,
  - 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. Pull the front tongue out and away from your body.
3. Open and remove 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.