



Custom Lumbo Sacral Orthosis (LSO)

Use and Care Instructions

HOW TO WEAR YOUR LSO:

- Always wear a snug fitting cotton or polyester (UnderArmor™) tee shirt under the LSO to absorb sweat, protect the skin and keep the brace clean
- The LSO should be put on in the following way:
 1. Make sure the orthosis is right side up.
 2. Open the orthosis and wrap it around your body.
 3. Lay down on a bed or a flat surface.
 4. Make sure the indented areas line up with your waistline.
 5. Close the brace and tighten the straps **firmly** from bottom to top.
 6. Check the position and fit of the LSO during your wearing time to ensure that it is in the right position.

CARE OF THE LSO

- Use mild soap and water to wipe the inside of the LSO daily. Rubbing alcohol can also be used to remove any bacteria. Make sure the brace is completely dry before putting it back on.

FOLLOW-UP

- Minor adjustments are occasionally needed and are not unusual
- If any part of your brace needs adjustment or repair, please call to schedule an adjustment at (312) 227-6210 and specify which location you would prefer to be seen at for your follow-up appointment