



Scoliosis Thoraco Lumbo Sacral Orthosis (TLSO)

Use and Care Instructions

HOW TO PUT YOUR BRACE ON:

- Wear a snug fitting cotton or polyester (moisture wicking) tee shirt under the TLSO to absorb sweat, protect the skin and keep the brace clean.
- The TLSO 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 TLSO during your wearing time to ensure that it is in the right position.
- The brace must be worn tight, otherwise it will not function correctly.
- Your physician will determine the hours per day the TLSO will be worn.

Care of the TLSO

- If any part of the TLSO breaks or comes loose, then please call the Department of Orthotics/Prosthetics to schedule a repair appointment.
- Use mild soap and water to wipe the inside of the TLSO daily. Rubbing alcohol can also be used to remove any bacteria. Make sure the brace is completely dry before putting it back on.

Follow-ups

- Regular scheduled follow-ups, with your orthotist are important to check your spinal alignment and ensure that the TLSO is fitting and is working properly.
- All TLSO braces have an iButton monitor so that we can evaluate how much it is being worn. This allows us to determine if changes need to be made to the brace in order to improve its function.
- 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



Are You Wearing Your TLSO Tight Enough?

27° thoracic
35° lumbar



Out of brace

27° thoracic
28° lumbar



In-brace loose

11° thoracic
16° lumbar



In-brace tight

Contact your orthotist @ 312-227-6210 if you need help with wearing your TLSO tighter