



# Lumbar-Sacral Orthosis (LSO)

A lumbar-sacral orthosis is a brace worn to help with the support and function of your back.

The brace has been molded and/or modified specifically for you.

The brace extends from your pelvis to the middle of your back.

It is often used for: arthritis, trauma, post-operative stabilization, osteoporosis, fractures, or overuse.

Always follow specific instructions given to you by your doctor and practitioner.



## General Information

- Your LSO may be a 2 piece “clam shell” design or a single piece that opens in either the front or back.
- It may be made from the following materials: elastic, fabric, foam, and/or plastic.
- Laces, straps, or Velcro are used to adjust the snugness of fit and limit motion in your spine.
- The brace works by increasing pressure over your abdomen and support from the design of the brace.

## Applying the device

Prior to wearing the brace, it is important to check the following things:

- Make sure the brace is clean and dry.
- Make sure there are no cracks, rough edges, or worn areas on the brace.
- Make sure the rivets and straps are secure on the brace.
- Make sure your skin is clean and dry.
- Examine your skin and look for abnormal redness, blisters, or sores at least 1 time a day.
- This device is designed to always be worn with protective cotton undershirt between your skin and the brace.

**\*\*Always follow the wearing instructions of the device as described by your doctor and practitioner.**

**\*\*If you are on spinal precautions, consult with your physician before putting on the LSO!**

## Precautions

- Clean your device by spraying the inside with Isopropyl Alcohol (rubbing alcohol) and wipe dry with a clean towel. It may also be cleaned by wiping it out with anti-bacterial moist towelettes or by wiping it out with a damp towel and hypoallergenic soap and water. **Do NOT** immerse the device in water!
- Keep your brace away from excessive heat.
- When sitting, you may find it helpful to place a small pillow behind your lower back and sit as straight up as possible for comfort.
- Avoid soft chairs and sit up straight or lean back slightly. This will help reduce pressure on the chest.
- Do not lean over the table while eating. Bring food up to your mouth while sitting straight.
- If the brace is riding up under your arms or your throat, it is likely the brace is fastened too loosely. It requires repositioning and retightening of the straps.

**\*\* If you find any concerns or questions, contact your practitioner before wearing the brace.**

***(Instructions continued on back side of instruction sheet)***

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## Applying the device Method.

- You will need someone to help you put the device on correctly.
- First, familiarize yourself with the position of the LSO to make sure it is positioned correctly. Usually the label is on the inside, top and back portion on the back of the brace. Much like where the tags are in the back of a shirt.
- Second, the patient should be lying on their back on a flat surface.
- Third, the helper needs to raise one of the patient's arm above their head. Then, log roll the patient onto their side toward their raised arm. Be sure the patient's hips and upper body move together without twisting.
- Fourth, with the back piece in the proper position the helper should place it against the patient's back and slide one side of it under the side of the patients' body lying down. The waist indentations of the brace should align with the patient's waist.
- Fifth, the helper needs to roll the patient onto their back while holding the back piece of the LSO against the patient's back. Recheck the alignment of the waist indentations of the brace making sure they align with the patient's waist. Also check that the shell is centered evenly on both sides of the patient's body. Reposition the brace, if necessary.
- Sixth, apply the front shell of the LSO. Make sure to align the top and bottom of the brace in the proper position. The sides need to overlap the back shell. Then, tighten the straps. (NOTE: If the brace is a single piece design, wrap the sides around the front of the patient's body and tighten the straps.)
- Seventh, tighten the straps starting with the middle strap. Then tighten the others, keeping each pair of straps even on both sides. Straps must be snug in order to maintain good support and restrict movement. Do not over tighten the brace.

