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Thoracolumbosacral Orthosis Brace (TLSO)

Fitting and wearing your brace (Application in lying)



Patient Prescription

Patient name

1. How long is the back brace required?

3 months 6 months other

2. When does the back brace have to be worn?

24 hours Walking only When upright Other

3. Does the brace need to be worn in bed?

Yes No

4. Can the patient turn themselves independently in bed without their back brace?

Yes No (If no, how many people to assist?.....)

5. Can the patient put their back brace on independently?

Yes, in lying No, needs assistance

5. Can the patient shower without their back brace?

Yes, in standing Yes, in sitting

Further Information

We endeavour to provide an excellent service at all times, but should you have any concerns please, in the first instance, raise these with the Matron, Senior Nurse or Manager on duty. If they cannot resolve your concern, please contact our Patient Experience Team on 01932 723553 or email asp-tr.patient.advice@nhs.net. If you remain concerned, the team can also advise upon how to make a formal complaint.

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To put on your T-shirt

- Lie on your side putting your uppermost arm and head into the T-shirt
- The person assisting you can pull the T-shirt down as far as possible
- You now need to roll onto your other side to put your other arm into the T-shirt – and get the person assisting you to pull it down

Alternatively:

- If able you may put your t-shirt on lying flat on your back with assistance

With your T shirt on you can now apply your brace. You will be able to get into the sitting position to wash your lower legs and feet using long-handled aid or with assistance from someone once the brace is on.

Long handled aids are available to purchase from the occupational therapist on the ward if required.

Introduction

TLSO stands for 'Thoracolumbosacral Orthosis' – which means that it provides stability to the upper, middle and lower sections of your back.

Your doctor has determined that wearing a back brace will aid in your rehabilitation. The purpose of this brace is to maintain your back in an appropriate position and limit the movement of your back to aid healing.

This leaflet will explain the things that you should do for the duration of time that you are required to wear your brace.

You are to apply your brace in LYING. Once on you are allowed to get up and mobilise. The brace must remain on until you are in the lying down position again i.e. at night time.

Brace Application and Skin Care

You must be lying down to apply and remove the brace. Someone should always help you to remove and reapply your brace in order to maintain correct position of your back. You will need to concentrate on keeping still.

Before applying your brace, you will need assistance to put on a T-shirt lying down. A close-fitting cotton T-shirt will prevent it from wrinkling under your TLSO brace, it will help absorb perspiration, protect your skin and keep your TLSO brace clean. (Instructions on how to do this are explained later within this leaflet).

Application

- Lie flat on your back, on a flat bed – make sure that you're in a straight line
- Bend your knees so that both your feet are flat on the bed
- Reach your arm across your body towards the direction you intend to roll
- As you roll, try to keep your shoulders, hips and knees in a line with your knees and heels together. This will avoid twisting your spine

Washing and dressing advice

Wash your skin with mild soap and warm water daily. Your skin should be checked daily to identify any areas which are red and sore. If this is the case you may need to apply a pressure relieving dressing over these areas. Avoid using moisturisers.

- You will need to have a strip wash lying down as you are not allowed to get your brace wet or sit up without the brace on
- With your brace off as described above you can now have a wash. You will need help to wash and dress
- You can wash the front of your upper body, hands and face independently but you must not twist whilst doing this
- The person assisting you will need to wash areas you cannot reach without twisting
- You will need to roll onto your side (as previously described) to allow your back and bottom to be washed and ensure there are no red marks from your brace

How to take the TLSO brace off

- Lie down on a flat bed, ensure you are laying straight
- Repeat the application procedure in reverse:
 - The person helping you can undo the upper shoulder straps
 - Undo the compression straps
 - Undo the side panels
 - Remove the front section
 - Bend your knees and roll onto your side
 - The person helping you will need to push down on the mattress with 1 hand and carefully remove the back section of the TLSO brace, ensuring that you do not move or help
 - Finally roll onto your back
 - It is important that now the brace has been removed you should remain flat in bed

- The person assisting you can then feed the back section of the TLSO underneath your waist and back, until the middle of the brace lies over the spine (move the TLSO against the mattress, not the patient's body)
- The top of the brace should line up with the middle of your shoulder blades and the base should line up with the top of your bottom





- Once in place roll onto your back, pull through the opposite side of the brace as per the picture below



- There should be equal amounts of the back section visible on either side

- You may tighten the compression straps once sat up if required



- Attach shoulder straps



- Check your brace to make sure it is fitting snugly, and that it is correctly aligned before you get up

- If this is not the case roll onto your side again and re-adjust the TLSO brace as needed



- Position the front section of the TLSO against the stomach



- Ensure the round adjustment screw is in line with the centre of the chest, at the bottom of your breast bone (sternum) as indicated in the previous picture
- Hold the front section of the brace so that the person helping you can do up the straps
- Velcro the side panels onto the front section of the TLSO



- Ensure the side panels are symmetrical with each other

- Grasp the compression handles and pull out in front to achieve desired compression, then attach onto front section

