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# Thoracolumbosacral Orthosis Brace (TLSO)

## Fitting and wearing your brace (Application in sitting)



# 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 limits 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 able to apply your brace in the sitting position. It does not need to be worn in bed.

## 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      When upright      Walking only      other .....

### 3. Does the brace need to be worn at night?

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                      Yes, in sitting                      No

### 5. Can the patient shower without their back brace?

Yes, in standing                      Yes, in sitting                      No

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## 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 [tr.patient.advice@nhs.net](mailto: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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### Showering:

- Your consultant will decide whether you must remain seated for a shower or can stand up
- If seated you must have a walk-in shower with an appropriate shower stool to sit on
- Avoiding bending forwards and twisting. Utilise a maneuverable shower head to wash your lower body
- Dress yourself as per the seated strip wash instructions.

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

### Brace Application and Skin Care

Before applying your brace, you will need to put on a T-shirt. 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. Washing and dressing advice can be found later in this booklet.

### Application

- From lying in bed, bend your knees and roll onto your side. Drop your legs off the side of the bed and push yourself up into sitting. You should try and keep your back straight during this. Do not twist
- Sit with your feet firmly on the floor
- A mirror in front of you may be useful to help align the brace symmetrically

- Keep one of the side panels attached to the front panel and wrap around the body



- The top of the back part 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



## How to take the TLSO brace off

- Sit with your feet firmly on the ground.
- Undo the shoulder straps
- Undo the compression straps and attach to the side panels.
- Undo one side panel
- Remove the brace to one side ensuring you do not twist your back
- You may now lay down on the bed

## Washing and dressing advice

Wash your skin with mild soap and warm water daily. You should also check your skin 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

- With your brace off as described above you can now have a wash

### Seated strip wash and dressing:

- Wash your hands, face and upper body whilst sitting
- You may need some assistance to wash your back and lower body to avoid twisting and bending forwards without the brace on
- You can then dress your upper half in sitting
- Try to put on your under garments and trousers/ skirt whilst in sitting and stand to pull up once your brace is on

- Check your brace to make sure it is fitting snugly, and that it is correctly aligned before you get up and move around
- You may tighten the compression straps once standing up if required



- Wrap the front panel around you. Ensure the round adjustment screw is in line with the centre of the chest, at the bottom of your breast bone (sternum)



- Attach the side panel to the front panel





- Ensure the side panels are symmetrical



- Cross the compression straps over and attach to the front panel



- Grasp the compression handles and pull out in front to achieve desired compression



- Attach shoulder straps

