

Introduction

You have been fitted with a TLSO, which will meet your individual needs.

TLSO's can be complex devices so their designs vary to suit each individual and injury types.

What are TLSO's prescribed for?

TLSOs are provided for lots of different reasons, including:

- To help stabilise fractures caused by trauma or osteoporosis.
- To reduce pain.
- To reduce movement after surgery.

The TLSO will reduce your forward and backwards movement and remind you to limit your sideways movement.

When should my TLSO be worn?

If your spinal orthosis has been supplied to you as a direct result of a recent spinal injury, then you should have been given an indication of **HOW LONG FOR** and **WHEN** you should wear the brace. This information should be given to you by a doctor or consultant. It depends on the type of injury to your spine and will be confirmed by X-rays or scans. Please make sure that you are aware of this information.

Putting your brace on and taking it off

In lying

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In sitting

.....

You must wear your brace whilst;

Standing

Walking

Sitting in a chair

Sleeping

For washing you can;

Shower

.....

Strip wash

.....

Skin care

It is advised to wear a layer of clothing between your skin and the device. A single layer of thin cotton clothing is recommended as this will help to wick away moisture from your skin. This will help to keep the skin and the device hygienic and minimize heat build-up.

Care of the TLSO

You can clean your spinal orthosis with a damp cloth and dry with a towel. Do not dry over sources of heat as this may deform the plastic. Check the device material regularly for any cracks or signs of wear and tear.

CONTACT DETAILS

Orthotics Department at one of the 3 sites:

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Wrightington Hospital: 0330 707 6220

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