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**INSTRUCTIONS FOR THE  
OVERLAP LSO (LUMBOSACRAL ORTHOSIS)  
or TLSO (THORACOLUMBOSACRAL ORTHOSIS)**

You have been fit with a spinal orthosis to stabilize your lumbar and/or thoracic spine.

**HOW DO I PUT THE DEVICE ON?**

If you are able to put the brace on from a standing position hold the brace with the top up. Spread the brace around your back and let the strap side overlap the other. The straps should be on the outer most segment, and NOT underneath the opposing side. Thread the straps through the loops and loosely adhere the Velcro. Now you should position the brace so the waist indentation is positioned between the ribs and the top of your hips. Now, starting with the bottom strap, begin securing the straps. The brace should feel snug but not inhibit your breathing.

To put the brace on while in bed, first put on a tee shirt or wrap your gown or pajamas so that your skin is covered. Log roll to one side. Line up with the waist indentation positioned between the ribs and the top of your hips. Slide one side of the brace under you and log roll back into the brace. Adjust the brace until it feels like it is positioned correctly. Overlap the brace and tighten as explained above. To sit up, log roll to one side and swing your legs off the side of the bed as you push yourself up.

**CLOTHING**

Underneath the orthosis, it is recommended to use a snug fitting cotton tank top or T-shirt. Avoid loose fitting undergarments in order to avoid wrinkles, which irritate the skin. Underpants and pants are to be worn OVER THE OUTSIDE of the orthosis, as this limits pressure sores on patients skin and also aids in restroom activities. It may be necessary to use a larger pair of pants to accommodate for this.

**ADJUSTMENTS TO WEARING**

Inspect your skin! Look for signs of skin irritation. You may notice your skin to be slightly pink in the waist from the indentations in the plastic of your orthosis, this is normal and the skin toughens over time. Be sure to contact your orthotist when you first notice skin irritation, before skin breakdown occurs. An adjustment to the device may be necessary to improve fit and comfort. It may take some time to adapt to your orthosis. You may need to change your undershirts more frequently initially to keep your skin dry and clean.

**CARE OF ORTHOSIS**

Your orthosis should be washed daily, with an antibacterial soap. It is important that you keep your orthosis away from hot environments. Be sure to avoid leaving it in the car on a sunny day, and keep it away from an open flame or heat source. Extreme heat may melt or deform the plastic of the orthosis.

**WEARING TIME**

Typically, you should wear your orthosis for any activity in which you are not lying down. Use the device as prescribed by your physician.

**GENERAL INFORMATION**

Some of your movements may be restricted when wearing your device. You will learn that you must bend at the hips and knees, rather than from the waist. Never attempt to make adjustments to the orthosis. Your orthotist knows how and when to do this.

If you have any problems with the use of your device; discontinue using it immediately and contact Cornerstone.

PLEASE CONTACT YOUR PHYSICIAN SHOULD YOU HAVE A CHANGE IN YOUR GENERAL HEALTH.

Signature \_\_\_\_\_

Date \_\_\_\_\_