



Spinal Orthoses

You have been fit a Spinal Orthosis. Unless instructed to wear full time, please use a gradual break in schedule to allow your body to get used to the device. Start with an hour today. Increase an hour per day as tolerated. Following use, remove your orthosis and inspect your skin. There may be some skin redness from pressure areas. Redness should not persist for more than 15 minutes after removal. Redness which persists for more than 15 minutes after removal can be a sign of excessive pressure. If this should happen, or if there are any signs of numbness, tingling, color change, excessive itching, swelling or pain please do not reapply the orthosis and contact our office for an adjustment. Failure to do so may lead to skin irritations and discomfort.

If you have been instructed to wear your spinal orthosis full time while out of bed due to a fracture of the spine or post surgery, etc., the device should be removed at least once per day to inspect your skin. Any redness noted should not persist for more than 15 minutes after removal. Redness which persists for more than 15 minutes after removal can be a sign of excessive pressure. If this should happen, or if there are any signs of numbness, tingling, color change, excessive itching, swelling or pain please do not reapply the orthosis and contact our office for an adjustment. Failure to do so may lead to skin irritations and discomfort.

The orthosis is designed to support your back and limit the motion of your spine. Usually, this device is worn anytime you will be out of bed. However, some conditions require 24 hour per day usage. You may need to check with you doctor. [T]LSOs or back braces should always be worn over a snug shirt, preferably cotton. Unless your doctor instructs you differently, your orthosis should be put on before you get up out of bed. It is important that the waist grooves-indentations in the sides of the orthosis-line up with your waist. Pull all straps snug until the orthosis cannot be shifted on your body. Your orthosis can be cleaned with a wash cloth and warm soapy water. Saddle soap can be used on leather portions. Make certain all soap residue is removed and the orthosis is completely dry before re-applying. Avoid using a hair dryer or placing near a heater to speed up the drying process as this may damage the device.

Be certain that you are comfortable with properly putting on and taking off your orthosis and never attempt to modify your orthosis yourself. Please inspect your orthosis daily for any signs of wear including cracking, loose parts or decreased effectiveness of the device and call the office if needed. Also, don't hesitate to call if you have any questions about wearing the device. A yearly check up is recommended.

If you were given specific manufacturer care instructions for your orthosis please be sure to follow the directions closely.