North Cheshire and Mersey
NHS Foundation Trust

Thoracic lumbar sacral orthosis (TLSO) brace

Orthotics

Information for patients and carers

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Caring for you

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Introduction



This TLSO brace protects the spine and minimises the risk of further progression of any spinal injuries. It does this by limiting the range of movement when bending or extending when:

- getting out of bed
- sitting in a chair
- standing
- walking

This brace should be worn as advised by The Walton Centre or your hospital consultant.

Please note: The brace will already have been set up for you and adjusted by the Orthotics Department.

For hygiene and comfort, a vest or t-shirt is recommended to be worn under the brace.

Fitting instructions

Pictures included are only for illustration purposes.

Note:

A) When you put the brace on the patient, they must be lying flat on the bed with one pillow in place.

B) Patient to be rolled as directed by the consultant to the side which the patient finds most comfortable. Please check the patient's notes re: log roll.

1. Roll the patient onto their side (check patient notes prior to rolling to see if log roll required).

2. While they are on their side:

- put their upper arm through the shoulder strap
- position the back panel of the brace in the middle of their back – slackening of the shoulder strap before putting the brace in place will make this easier
- make sure the spine is central to the back panel

3. Roll the patient back onto their back so they are lying on the back panel.

4. Bring the abdominal straps to the side of the brace. Looking down on the patient, ensure the waist band is even on each side of the patient.

5. Fasten the Velcro front panel securely.



6. Take the small toggle straps (brace may have one on each side or just one side) and pull tight.



7. Ensure the brace is central and low down on the abdomen. To check this, ask the patient to bend their hip, the bottom of the abdominal strap should touch the top of the thigh.



8. Once the brace is securely fastened, place the patient's other arm through the shoulder strap and then fasten both shoulder straps by pulling down on the loose

strap. These needed to be snug but not too tight as this may affect the position of the brace.



9. At this point, check the back panel is aligned centrally down the patient's back.



How to remove the brace

To remove the brace, please follow the same steps above but in reverse order.

Pressure management

Check the patient for pressure areas every time the brace is put on and taken off.

All areas where the brace touches the patient have potential to cause areas of high pressure. Therefore, all contact areas should be checked. Bony areas, wounds or areas affected by skin conditions should be looked at in depth.

Any pressure areas found should be discussed with the ward manager. If needed, contact the Orthotics Team and Tissue Viability Team.

Please note: Unless noted clearly in the patient notes or advised by the consultant, this brace should **not** be worn when sleeping. Also, if the brace is worn for long periods, remove it and check for pressure areas after 4 to 6 hours. This should be done following the steps above and with the patient lying flat.

Care instructions

- Wash the liner and straps with mild detergent.
- Leave it to air-dry.

Further information

If you have any questions about how long to wear the brace, or your follow-up care, please contact The Walton Centre on:

Spinal nurses – 0151 529 8853

This is an answer machine. Please leave a name and a telephone number. We aim to answer the answer machine daily. However, due to work commitments, sometimes this is not possible.

Physiotherapist – 0151 529 5451

Secretary to your consultant – 0151 525 3611 and ask for your consultant's secretary

If you have any questions or concerns with the fitting of the brace, please contact the Orthotics Department on 01925 662446 (available Monday to Friday, 8am to 4pm).

You can also visit the manufacturer's website for further information:

https://www.djoglobal.com/products/donjoy/isoform-postural-extension