

Thoraco-Lumbo-Sacral Orthosis (TLSO) Information Sheet

What is 'Orthotics'?

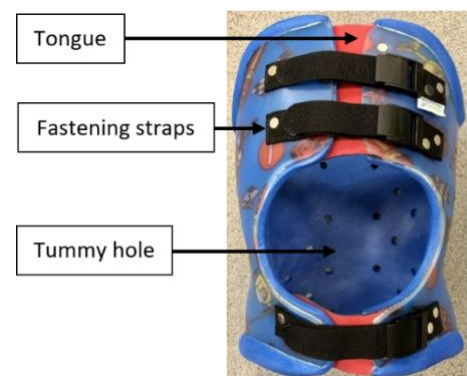
Orthotics is the specialist field concerned with the prescription, design and production of **orthoses** or orthotic devices. These are externally applied devices used to compensate for the impairments of the structure and function of the neuromuscular and skeletal systems. **Orthotists** are specialised healthcare professionals who prescribe, fit and fine tune orthoses.

What is a TLSO?

A TLSO is designed to support the spine, provide postural support, and apply corrective forces to the vertebral spine. It is often used to treat scoliosis. A TLSO may also be referred to as a back brace, a jacket, a brace or a spinal orthosis.

Putting the TLSO on

The TLSO should be put on in standing or sitting and then adjusted while lying down. In children unable to sit, it can be applied by rolling while lying down.



Custom, 1-piece TLSO

- Apply the TLSO by opening the front section enough to allow it to slide onto the torso.
- Whilst lying down, ensure that the waist indent of the orthosis is placed at the natural waist of the wearer, it may be necessary to move the orthosis up or down so that this position is correct.
- Fasten the straps as firmly as possible while remaining comfortable – start with the middle strap(s).
- Check that the TLSO is comfortable in sitting/standing. Adjust if needed.

Getting used to the TLSO

The orthosis should be worn as agreed with your health care professional. This can be up to 23 hours per day. Build up wear time slowly, starting with 30-60 minutes on the first day, 1-2 hours on the second day, 2-3 hours on the third day, etc. This process may take up to 2 weeks, depending on the individual. Slight redness where materials overlap and over marked bony prominences may be normal and should fade within around 20 minutes of removing the brace.

Clothing

The TLSO should be worn over a closely fitting T-shirt or vest. Cotton may be preferable to synthetic materials. Where there are seams in the garment it may be best to wear the T-shirt/vest inside out.

When to arrange a follow up appointment

If any of the following occur, please discontinue use and contact the orthotic clinic:

- The orthosis is causing pain or discomfort.
- There are red marks that do not fade after wearing the brace.
- The orthosis becomes ill-fitting.
- The orthosis becomes damaged, fatigued or it is not performing as expected.

Care

- Clean the TLSO using a soft cloth/sponge damp with warm water and mild soap. Do not submerge the TLSO in water as this will damage the glue and padding. Gently dry with a soft cloth or leave to air dry before use.
- With use, TLSOs may start to show signs of wear. Most soft parts of a TLSO such as straps and pads can be repaired or replaced - please contact us if you think this is needed.

Clinic contact details: _____

Further Information



<https://www.sauk.org.uk/>