



2034 Dabney Rd. Suite C

Richmond, VA 23230

Phone: 804-649-9043

E-mail: [powell@powelloandp.com](mailto:powell@powelloandp.com)

Web: [www.powelloandp.com](http://www.powelloandp.com)

## **Orthotic Care and Wear Instructions**

### **Lumbosacral Support / Corset**

#### **Description:**

The Lumbosacral Support is a corset type orthosis often used to treat low back pain. Other conditions that may be treated with this type of device include: muscle strain or sprain, post-surgical, maternity, spinal stenosis, spondylosis, spondylolysis, spondylolisthesis, degenerative joint disease, degenerative disc disease, disc herniation, and osteoarthritis.

#### **Application:**

- Your support will have one of the following closures on the front:
  - Hook-and-eye
  - Snap-button with reinforcing hook-and-eye
  - Velcro overlap closures
- Loosen all straps before application.
- Apply lying down on your back or in a standing position.
- Center the stays so they are on both sides of the spine.
- Fasten the front, from the bottom up.
- Tighten the lower side pull-straps slightly, pulling equally on both sides.
- With the garment fitting loosely, adjust it to its proper position. Make sure the bottom edge is where the thigh meets the torso in front, and the garment extends over the buttocks in back.
- Tightening Pull-Straps
  - Tighten the side pull-straps from the bottom up so the garment fits snug around the hips and comfortably and snug at the ribs.
  - Be sure the pull-straps are pulled straight and evenly through the buckles, never upward or downward, as this will cause the straps to fray and wear unnecessarily.

#### **Removal:**

- Release the buckles and straps each time you take off the orthosis.
- Push the buckle back using thumb to unlock it. Slide it to within 2 inches of the end of each strap.
- Unfasten the straps from the top down and take off the orthosis.



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### **Wearing Schedule:**

Lumbosacral Support should be worn according to physician's specified schedule.

### **Care and Maintenance:**

- Any tears, snags, or holes should be mended as soon as they appear.
- To wash: remove pads, stays, and any removable metal parts before washing.
- Mark top of stays and determine right or left so you can reinsert them correctly after washing.
- Hand wash with mild soap in cool or lukewarm water and rinse thoroughly.
- Squeeze gently to remove excess water.
- Stretch fabric in vertical direction of garment and smooth out wrinkles and folds while still damp
- Line or air dry. Avoid direct heat, NO DRYER. Elastic corsets should lay flat on a towel to dry.
- Reattach any pads, stays and metal parts that were removed before washing. Make sure the top of each stay is secured behind the flap or small pouch in each stay casing to prevent the stay from riding out.

### **Risks and Benefits:**

#### **BENEFITS**

- Supports the spine
- Reduce pain

#### **RISKS**

- May cause skin breakdown such as scratching, bruising, or blistering, which can cause serious complications if skin is not checked regularly or if device is not applied as directed.

### **Tips and Problem Solving:**

- If the orthosis is migrating upwards when sitting up straight- Corset may be positioned too low.
- If migration continues to be an issue, your orthotist can add perineal straps, a garter, or snap in panty piece.
- If the corset is rotating on the body – Tighten pull straps evenly.

**If you have any questions or problems, please contact your practitioner.**