



2034 Dabney Rd. Suite C

Richmond, VA 23230

Phone: 804-649-9043

E-mail: powell@powelloandp.com

Web: www.powelloandp.com

Orthotic Care and Wear Instructions

Scoliosis TLSO (Thoracic-Lumbar-Sacral Orthosis)

General Description:

The goal of a TLSO for scoliosis treatment is to manage the progression of scoliosis by bending the spine at specific locations identified by the doctor and the orthotist. The brace is made by taking over 25 anatomical measurements and using the x-rays as well as a CAD/CAM system to accurately place “unbending moments” in brace. It is then made of a flexible yet rigid lightweight plastic.

It is important to maintain a healthy diet as well as participate in daily physical exercise. Exercise is key to treatment as it allows the muscles in the spine and core to maintain the correction achieved in the brace. You ultimately want your muscles, tendons, and soft tissue to hold and maintain your spine in good alignment and overall balance without the brace.

TLSO Visit Schedule:

Initial Evaluation

- Digital photos and measurements taken for brace to be fabricated

Delivery

- Brace received and fitted.
- X-rays taken immediately at Physician office.

3 month Follow-up

- Digital photos taken for treatment progress, adjustments if needed

6 month Follow-up

- Out of Brace x-rays taken by Physician.
- Follow-up with orthotist to check fit and obtain digital photos for treatment progress.
- New measurements may be needed if patient has outgrown current brace.

1 year Follow-up

- Out of Brace x-rays taken by Physician.
- Follow-up with orthotist to check fit and obtain digital photos for treatment progress.

Wearing Schedule:

It's critical to wear the TLSO as prescribed by your Physician. You will either be wearing the brace fulltime for 23 hours daily or for 12-16 hours nightly. Each patient is different with different curves, the wear schedule is important to follow until the patient's skeleton reaches maturity. Your Physician can determine from x-rays when you are approaching skeletal maturity.

We recommend the following initial wear schedule

Days 1-3: 4-6 hours total. Check skin after use.

Days 4-6: 6-8 hours total Check skin after use.



2034 Dabney Rd. Suite C

Richmond, VA 23230

Phone: 804-649-9043

E-mail: powell@powelloandp.com

Web: www.powelloandp.com

Days 7-9: 8-10 hours consecutively. Check skin after use.

Day 10: Full time wear per physician; either 12 hours or 23 hours. Check skin after use.

If at any time the patient experiences problems with the brace, such as pain, skin break down, rapid growth or an inability to wear it as directed, it is critical to call the orthotist immediately.

It also is important to keep track of measurements, height and weight. Should they change; the orthotist will determine if a brace adjustment is necessary.

Cleaning and Maintenance:

The best way to clean a TLSO is to spray the inside with rubbing alcohol and wipe dry to remove body oils and residue. It can also be cleaned by wiping it out with a damp towel and antibacterial soap. **Do not** immerse the TLSO in water as that may harm the straps. Keep the TLSO away from excessive heat to prevent damage to the plastic.

Risks and Benefits:

BENEFITS

- To prevent and/or slow curvature progression of the spine
- Stabilizes spine for overall increased alignment and balance of the spine

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 TLSO is riding up under the arms or at the throat, it is probably too loose and requires repositioning and tightening of the straps.
- Always wear a tight fitting cotton t-shirt or camisole under brace to help wick moisture away.
- Avoid soft chairs and sit up straight or lean back slightly. This will help reduce pressure on the chest.
- You can sleep in any position that is comfortable to you. Patients have said that they find sleeping on their stomach and back most comfortable.

Please feel free to contact me anytime with questions or concerns at:

(804) 649-9043 or Ksenia@powelloandp.com