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Orthotic Care and Wear Instructions

Thoracic Lumbar Sacral Orthosis (TLSO) Pre-Fab

General Description:

The Taylor type orthosis is often prescribed for Anterior Compression Fractures or in cases where a person's torso tends to lean forward. It consists of a padded rigid frame that lies against the back of the torso from the pelvis to the shoulder blades and a cloth front that holds the lower frame to the body. Front shoulder straps hold the upper back against the frame. Some designs may also include a chest pad.

Application:

1. Loosen the straps to make application easier.
2. Insert one arm through the top strap, as you would apply a shirt. Once in place, insert the other arm.
3. Align the frame around the pelvis with the lower aspect of the corset front sitting at the top of the pubic bone.
4. Tighten the straps around the pelvic section.
5. Tighten the shoulder straps so that the shoulders are held firmly against the back frame of the orthosis.

Wearing Schedule:

TLSO should be worn according to physician's specified schedule.

Cleaning and Maintenance:

The cloth front can be removed for cleaning. This should be hand washed in a mild detergent, rinsed well, and air-dried. If the back frame is covered with leather, it can be wiped with a damp cloth to clean. The leather should not be soaked as it may become brittle and crack.

Risks and Benefits:

BENEFITS

- Holds spine in a neutral position
- Reduces back 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



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If any questions or concerns arise, please consult your Orthotist or Physician.