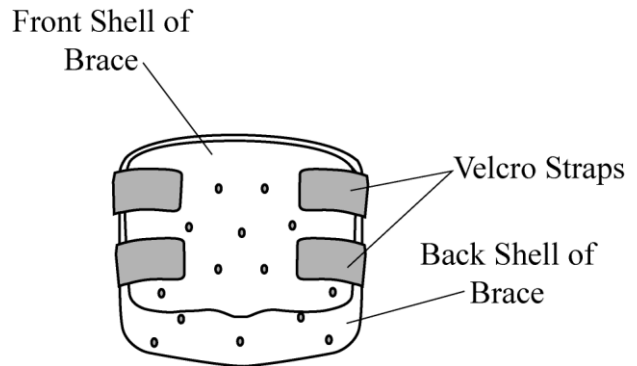


Applying the LSO Brace

Your doctor will tell you when to wear your brace during the day and for how long to wear it. Always wear a t-shirt under the brace to provide a barrier between your skin and the plastic and to absorb perspiration.



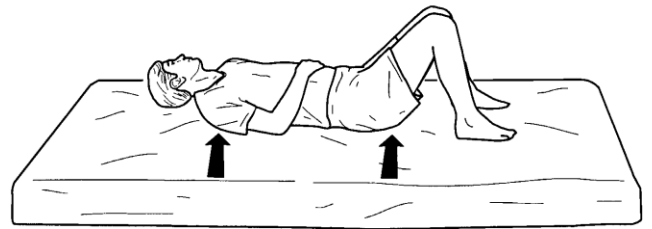
Steps

1. Move to one side of the bed by:

- Using your arms and legs to move your hips over.

Or

- Having a caregiver pull the drawsheet under you over to one side.



2. Roll to the opposite side of the bed almost onto your stomach:

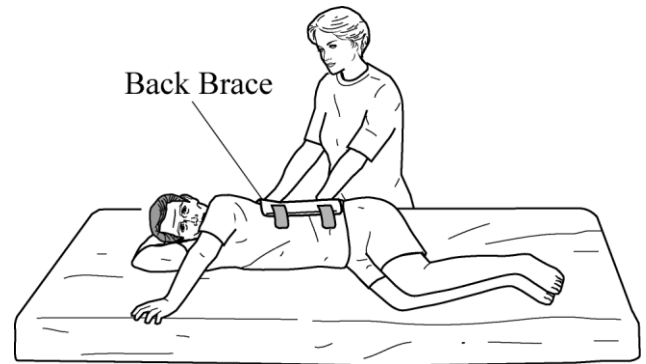
- Bend both legs by sliding your heels toward your buttocks.
- Lower your knees and turn your hips and shoulders. Do not twist! Roll like a log.



More on next page →

Learn more about your health care.

3. The caregiver should position the back half of the brace. Making sure the waist indentations on the inside of the brace are just above the hip bones and below the ribs.



4. Hold the brace in place and log roll onto your back.

5. Position the front half of the brace:

- Front section should overlap the back section.
- Fully tighten both straps at bottom of brace on both sides.
- Fully tighten the straps at the top of the brace on both sides.
- Check to see that the brace is aligned before getting up and adjust if necessary.



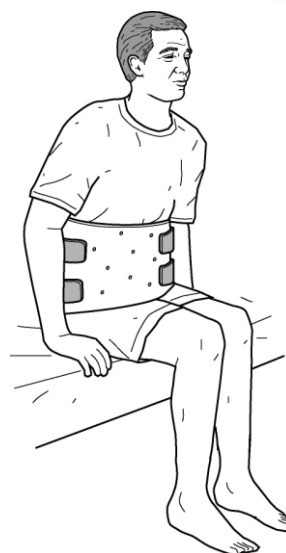
6. Getting out of bed:

- Log roll onto your side.
- Drop your legs over the side of the bed and push yourself up to a sitting position.



7. Getting into bed:

- Sit on the side of the bed and lean down on your elbow and forearm.
- Lift your legs up onto the bed, staying in the side-lying position.
- Log roll from your side onto your back.



Things to Remember

- Do not expect to be able to move in all directions or sit in all types of chairs. The brace is designed to limit certain motions and positions.
- If you have localized redness, call your orthotist so they can make changes to your brace.

❖ **Talk to your doctor or others on your health care team if you have questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**