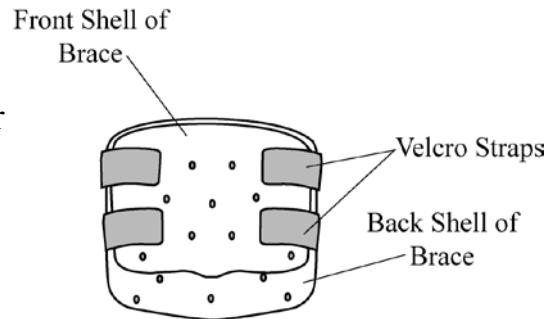


Applying the LSO Brace

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.

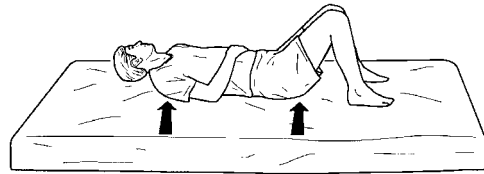


Steps

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.



More on next page ➡

Learn more about your health care.

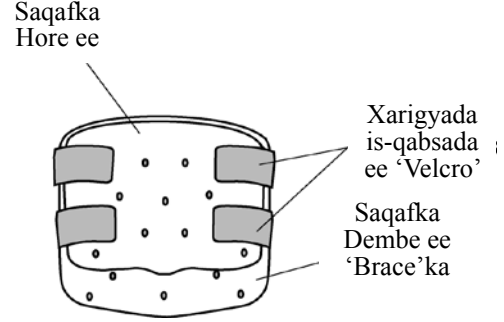
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**Wexner
Medical
Center**

Isku Xiridda Qalabka 'LSO'

Dhakhtarkaaga ayaa kuu sheegi doona marka ay tahay inaad gashato xoojiyahaaga 'brace' maalintii iyo inta ay tahay inaad xirnaato. Marka kasta hoos ka xiro garanka 't-shirt' si aad u heshid wax u dhaxeeya maqaarkaaga iyo balaastiga 'brace'ka oo nuuga dhididka.



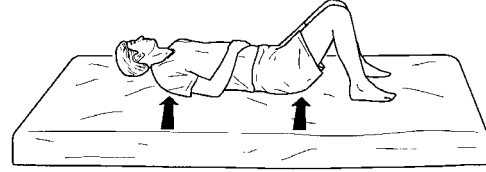
Tallaabooyinka

1. U durug dhinac sariirta ah adigoo:

- Isticmaalaya gacmahaaga iyo lugahaaga inaad ku dhaqaajiso miskahaaga.

Ama

- In qof xannaaneeya ihi uu go'a sariirta u jiido hal dhinac.



In kale bogga xigga ➡

Wax dheeraad ah ka baro daryeelka caafimaadkaaga.

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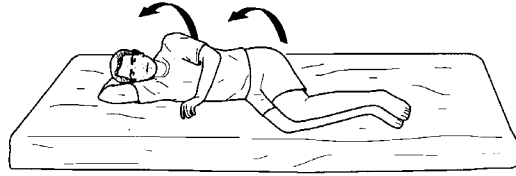


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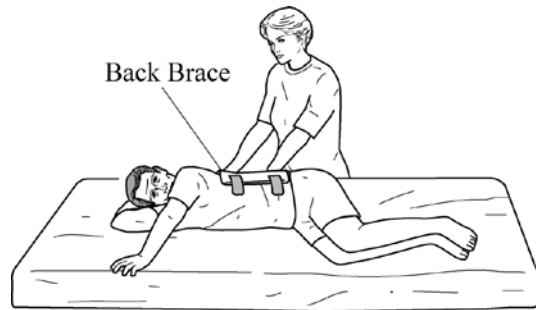
Applying the LSO Brace. Somali.

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.



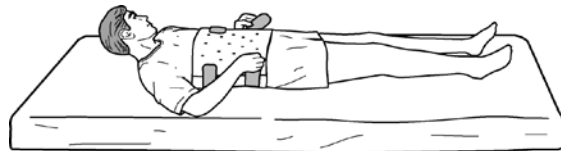
3. The caregiver should position the back half of the brace. Making sure the waist indentations on the inside of the brace are just above the hip bones and below the ribs.



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

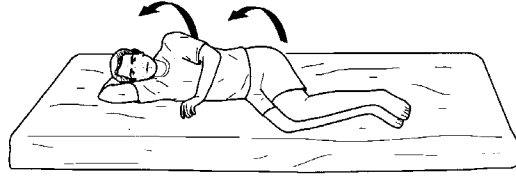
5. Position the front half of the brace:

- 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.

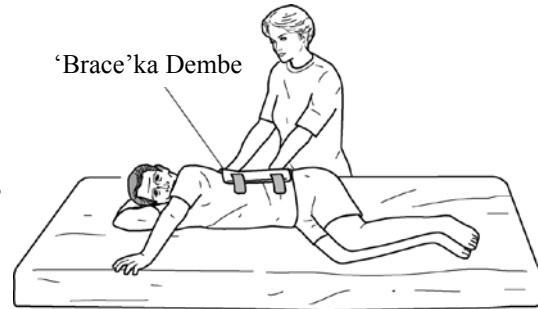


2. Isu rog illaa dhinaca kale ee sariirta siddii wax u jiifsaneya caloosha:

- Soo lab labadaada lugood adigoo cirbahaaga u soo riixaya xagga baridaada.
- Hoos u dhig lowyadaada oo wareeji miskahaaga iyo garbahaaga. Ha weecin! Isu rog sida udubka.



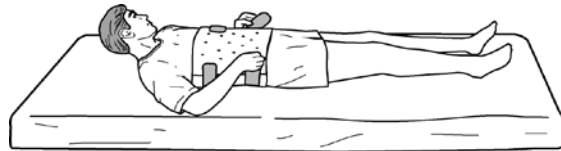
3. Xannaaneeyuhu waa inuu nuska dembe ee 'brace'ka booskeeda ku hagaajiyaa. Isagoo hubinaya in koleyada dhexda qofka 'waist indentations' ee dhexda 'brace'ka ay wax yar ka sarreeyaan lafaha misigta oo ay ka hooseyaan feeraha.



4. Xoojiyaha 'brace' ku hey meeshiisa oo sida udubka u duldulcood xagga dhabarka.

5. Nuska hore ee 'brace'ka ku hagaaji:

- Qeybta hore waa inay kor martaa qeybta dembe.
- Si buuxda u adkee labada xarig ee hoos ku yaalla ee labada dhinac.
- Si buuxda u adkee xarigga ku yaalla xagga sare ee labada dhinac.
- Tijaabi inaad aragto in 'brace'ku ay isku aadan tahay ka hor inta aadan kicin oo haddii loo baahdo hagaaji.



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 any questions. You may request more written information from the Library for Health Information at (614) 293-3707 or email: health-info@osu.edu.**

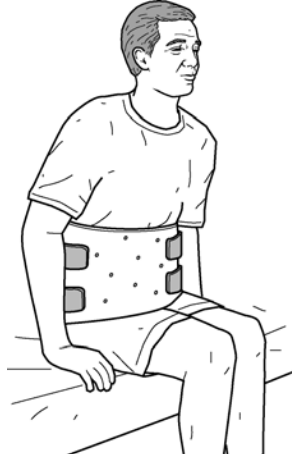
6. Ka deggidda sariirta:

- Sida udubka isu rog dhinaca.
- Lugahaaga u laalaadi dhinaca sariirta oo is-riix si aad u fariisatid.



7. Fuullidda sariirta:

- Ku fariiso dhinaca sariirta oo hoos ugu foorarso suxulkaaga iyo gacantaada.
- Sare u qaad lugahaaga xagga sariirta, adigoo xagga dhinac-ujiifa.
- Sida udubka isugu rog xagga dhabarkaaga.



Waxyaalaha ay Tahay Inaad Xasuusato

- Ha filanin inaad u dhaqaaqi kartid jiha kasta ama aad ku fariisan kartid nooc kasta oo kuraas ah. Xoojiyaha 'brace' waxa loo sameeyey inuu xadiddo dhaqdhaqaaqyada iyo boos-yada qaarkood.
- Haddaad yeelato meel ku casaata, waxaad wacdaa qofka "orthotist" ka kuu ah oo waxa laga yaabaa inay 'brace'kaaga wax ka beddelaan.

❖ **La hadal dhakhtarkaaga ama ciddii kale ee ka tirsan kooxda daryeelka caafimaadkaaga haddii aad hayso su'aalo. Waxaad ka codsan kartaa macluumaad dheeraad ah oo qaoraal ah Maktabada Macluumaadka Caafimaadka (614) 293-3707 ama iimayka ah health-info@osu.edu.**