

Applying the TLSO Brace

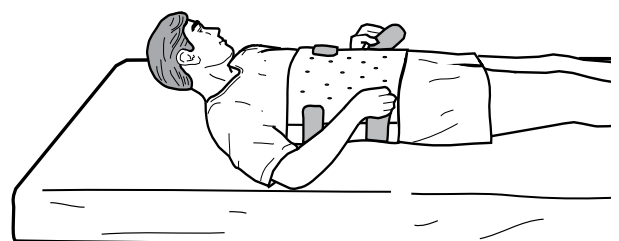
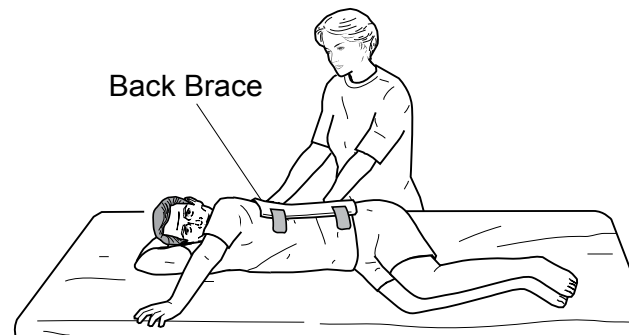
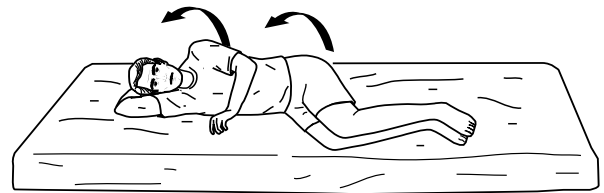
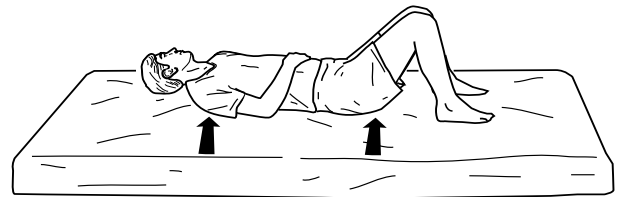
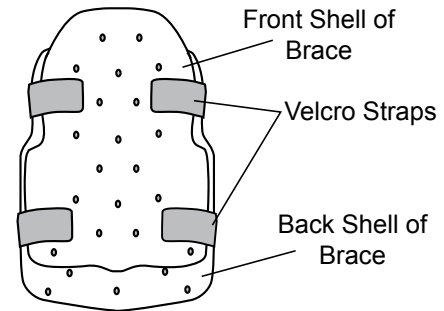


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Your doctor will tell you when to wear your TLSO brace, or Thoracolumbosacral Orthosis, during the day and for how long to wear it. Always wear a t-shirt under the brace to provide a barrier between your skin and the plastic and to absorb perspiration.

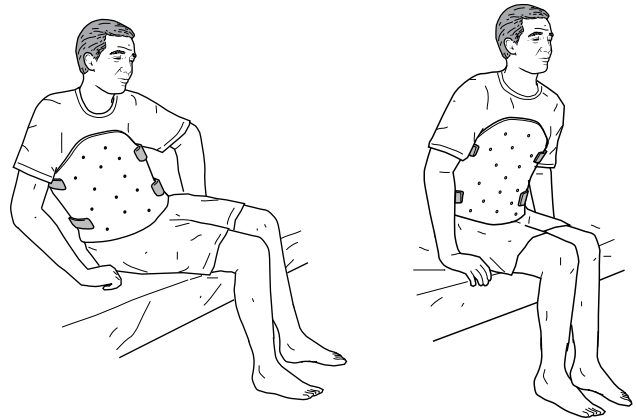
Steps

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. Roll like a log. **Do not twist!**
3. The caregiver should position the back half of the brace. Make sure the waist indentations on the inside of the brace just above your hip bones and below your 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 the bottom and top of the brace on both sides.
 - Check to see that the front and back of the brace are lined up. Adjust them as needed.



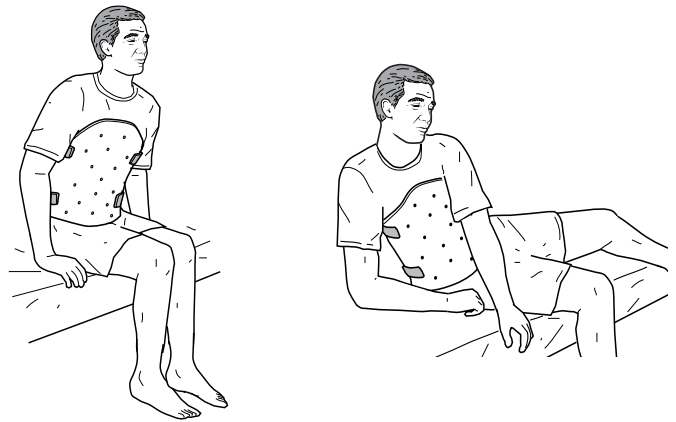
6. Getting out of bed

- 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 redness in one area of your skin, call your orthotist, so they can make changes to your brace. Redness over a large area of skin and pink color is usually normal.

Talk to your doctor or health care team if you have any questions about your care.

For more health information, contact the Library for Health Information at **614-293-3707** or e-mail **health-info@osu.edu**.