



A guide to...

Fitting your TLSO Brace in a lying position

Patient information

Inpatient Therapy

Watford General Hospital

St Albans City Hospital

Hemel Hempstead General Hospital

What is a TLSO Spinal Brace?

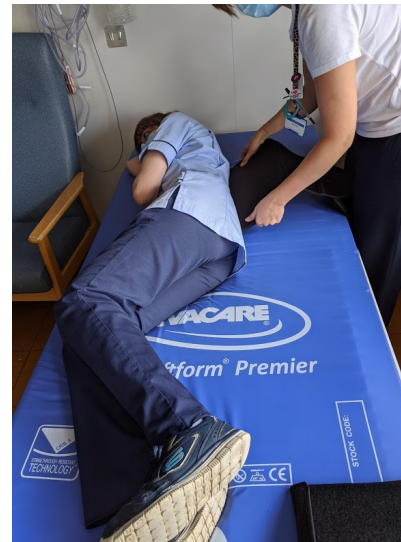
A thoraco lumbar sacral orthosis (TLSO) is a spinal brace. The brace is designed to protect your spine. You will be able to sit at a 90 degree angle but you will not be able to bend forward past a right angle. **You should wear it at all times, except when resting and sleeping.**



How do I put the brace on?

Your brace should be worn over a thin close fitting vest or t-shirt. Turning this inside out can avoid rubbing from the seams. Other clothing can then be worn over the top.

To fit without the sternal-bar



1. Fold one wing of the back panel back on itself and tuck under the user.

Ensure the brace is in line with the spine



2. Holding the brace in position, have the user roll onto their back

3. Position the front panel, securing in place with the Velcro panels.

Then pull on the drawstring handles to tighten as required



Skin care

You should check your skin everyday especially if you have any changes in skin sensation.

Cleaning

The material can be wiped over with a damp cloth but the brace should not be placed in a washing machine.

Contact us

If you have any questions or concerns with your brace, please contact the ward you were discharged from:

Ward

Phone number

or your trauma rehabilitation co-ordinator on
07393 016245 (Monday - Friday, 8-4pm)

How to contact us:

Inpatient Physiotherapy
Watford General Hospital
West Hertfordshire Hospitals NHS Trust
Vicarage Road
Watford
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If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email **westherts.pals@nhs.net**



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