

Further information

Information on who to contact, ie web sites / telephone numbers of other departments / organisations which may be of help.

How to contact us

Inpatient Physiotherapy
Watford General Hospital
West Hertfordshire Teaching Hospitals NHS Trust
Vicarage Road
Watford
WD18 0HB

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email westherts.pals@nhs.uk



Large
Print



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West Hertfordshire
Teaching Hospitals
NHS Trust



A guide to...

Fitting your TLSO Brace in a lying position

Patient information

Inpatient Therapy

Watford General Hospital
Hemel Hempstead Hospital
St Albans City Hospital

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

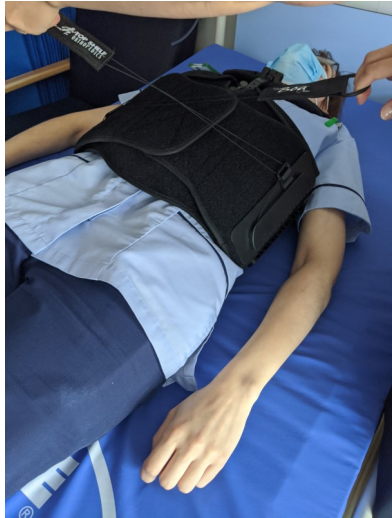
If you have any questions or concerns with your brace, please contact the ward you were discharged from:

Ward.....

Phone number

or your trauma rehabilitation co-ordinator on 07393 016245 (Mon-Fri 8-4pm)

5. Pull the drawstring handles across the body to tighten the brace



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 in lying

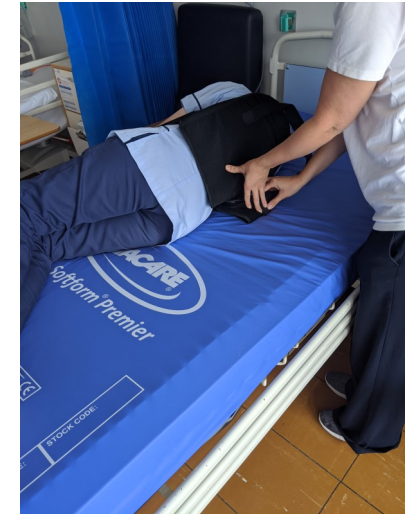
1. Separate the front and back panels, roll onto your side



2. Fold one wing of the back panel back on itself and tuck under the user. Ensure the brace is in line with the middle of your back



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



4. Place the front panel with the top resting under the collar bones. Pull the side panels over as tight as possible. Place the strap over the shoulder and into the clip on the top section.

