

Rebound

ORTHOTICS & PROSTHETICS

LSO WEAR & CARE INSTRUCTIONS

The Lumbar-sacral Orthosis (LSO) is designed to provide support and stabilization to your spine and lower back. It helps improve spinal alignment, alleviate pain, prevent further injury, and aid in the healing process. When recovering from traumatic injuries or surgery, external support like an LSO can be essential. It limits unwanted movement, encourages proper posture, and ensures the back stays upright and straight during recovery. Proper use and maintenance of the LSO are crucial for its effectiveness.

Your orthotist will guide you on how to properly wear, use, and maintain your orthosis effectively during the fitting process. Some points to remember:

APPLICATION

Instructions specific to your LSO will be discussed at the appointment. Additional information and diagrams can be found in the device's instruction manual. The following is a generalized summary of how to properly don your back brace:

- **Always** wear a thin shirt between your skin and the brace. It should never be worn directly against your skin, as this can cause irritation.
 - The shirt helps absorb sweat, keeps the brace clean, and protects your skin from friction.
 - If you're wearing a thicker sweatshirt, it should go over the brace. Wearing it underneath may cause the fabric to bunch up, leading to skin irritation.
- Position the brace so the back is upright and centered on your spine. This should be the most comfortable placement, as the lumbar curve of the back insert will naturally align with the curve of your spine.
- Wrap the brace tightly around your abdomen, ensuring the right side overlaps the left.
 - When applied correctly, both the upper and lower edges of the brace should feel snug. If there's a gap, reposition the brace and adjust the ends for a secure fit around your hips. In some cases, the ends may need to be steeply angled for the best fit.
- Locate the pull cords. Place your thumbs in the holes and pull the cords away from your body:
 - The **right** pull cord controls upper compression.
 - The **left** pull cord controls the lower compression.
- When you feel they are tightened to the right amount, secure/velcro the pull tabs to the front of the brace. Adjust as needed.
 - When sitting, you may need to loosen the upper pull cord for extra comfort.
- When removing the brace, **always** loosen the pull cords and return them to their sides. This makes it easier to locate them when you're ready to put the brace back on.
- Due to changes in swelling or weight, you may need to adjust the brace's circumference. If you're unsure, feel free to bring the brace in for a refit. If adjusting the size yourself, completely open the brace with the inside facing you. Peel up the folded Velcro edge on each side panel, then adjust the numbered sizing for a better fit. Be sure to adjust both sides equally to maintain balance.

If you have problems with the fit or application of the brace, reach out and we can assist you.

WEAR SCHEDULE:

Unless directed otherwise by your physician, your LSO is to be worn at all times, especially when you're up and moving around. For more detailed guidance on when and for how long you should wear the brace, consult your doctor.

- Some light red marks/impression lines may be observed on the skin where the brace is the most snug. These should fade or disappear completely within 20-30 minutes. However, if the marks

persist beyond that time, or if you notice any skin irritation or bruising, do not put the orthosis back on. Contact your orthotist immediately and schedule an appointment for further evaluation.

MAINTENANCE:

- Inspect your LSO daily for any signs of damage, such as breaks, rips, or reduced effectiveness. Do not try to modify the brace on your own. If you notice any issues, contact your orthotist and schedule an appointment for repairs or adjustments.
- To clean the brace, wipe the fabric with a damp cloth and mild soap. Do not submerge it in water or place it in the washing machine. After cleaning, let the brace air dry completely before wearing it again.

REMINDERS/TIPS:

- Always bend at your hips and knees, not your back, when getting into or out of a car, sitting, or standing. This helps protect your spine and maintains the effectiveness of the brace.
- The LSO is designed to fit snugly and mold to your body's shape. However, since your body shape can change when you sit, you may need to slightly loosen the brace for added comfort when sitting.
- Never shower while wearing the orthosis. Moisture can damage the brace and affect its fit and function. Always remove it before showering.

If you have any questions or concerns, please don't hesitate to reach out to your orthotist.

Buffalo
763.684.1010

Hutchinson
320.587.4144

Waconia
952.442.3233

Plymouth
612.361.1000