

LSO (Lumbar-Sacral Orthosis)

General Description:

LSO is the acronym for Lumbar-Sacral Orthosis. This orthosis is frequently a two-piece plastic clamshell design (it may be a single piece that opens in the front or rear) that extends from the pelvis to the middle of the back. It is used to stabilize the spine after surgery or for fractured vertebrae.

Application:

If on spinal precautions, consult with a physician before putting on the LSO.

A cotton undershirt should always be worn under the LSO.

1. Begin by lying side-ways on a flat surface.
2. Place the posterior shell (back piece) against the back and slide it under the side of the body.
3. Align the waist indentations in the LSO to match the position of the waist.
4. Roll onto the back while holding the posterior shell of the LSO against the back.
5. Once flat on the back, re-align the shell to center it evenly on both sides of the body and to re-position it at the waist, if necessary.
6. Apply the front shell with sides overlapping the back shell, and tighten the straps. Straps must be kept snug to tight in order to maintain good support and to help lessen movement. Tighten the straps from bottom to top, keeping each pair of straps even on both sides.

Alternative Application:

If not on spinal precautions, the LSO may be donned while sitting, but should be repositioned and straps tightened, while standing. Waist indentations in the LSO should match the position of the waist, and the bottom-front of the brace should be very close to the pubic bone of the pelvis.

<p>Bannockburn 2101 Waukegan Road, Suite 104 Bannockburn, IL 60015 847-444-0690</p> <p>Naperville 1551 Bond St., Suite 111 Naperville, IL 60563 630-637-4638</p>	<p>Lincoln Park/Chicago 2551 N. Clark St., Suite 200 Chicago, IL 60614 773-472-3663</p> <p>Oakbrook Terrace 1S376 Summit Ave., Ct. E Oakbrook Terrace, IL 60181 630-424-0392</p>	<p>Rush/Chicago 1725 W. Harrison St., Suite 220 Chicago, IL 60612 312-942-2011</p> <p>Oak Park 401 Harrison Street Oak Park, IL 60304 708-383-2257</p>	<p>UIC/Chicago 1740 W. Taylor St. Room C100 Chicago, IL 60612 312-996-6450</p> <p>Schaumburg 1701 E. Woodfield Rd., Ste 555 Schaumburg, IL 60173 847-619-1701</p>	<p>Hickory Hills 8641 W. 95th St. Hickory Hills, IL 60457 708-599-8336</p> <p>Schererville 6629 W. Lincoln Hwy. (Rt. 30), Suite 1 PO Box 507 Schererville, IN 46375 219-864-9501</p>
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Cleaning and Maintenance:

The best way to clean a LSO is to spray the inside with rubbing alcohol and wipe dry to remove body oils and residue. It can also be cleaned by wiping it out with a damp towel and anti-bacterial soap, or anti-bacterial moist towelettes.

Do not immerse the LSO in water as that may harm the straps. Keep the LSO away from excessive heat to prevent damage to the plastic.

Tips and Problem Solving:

- If the LSO is riding up under the arms or at the throat, it is probably too loose and requires repositioning.
- Avoid soft chairs and sit up straight or lean back slightly. This will help reduce pressure on the chest.
- Do not lean over the table while eating. The food should be brought to the mouth while sitting straight, again to help reduce pressure on the upper chest.
- If there are any problems or questions with this brace, please contact the orthotist.

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