



## TLSO (Thoracic-Lumbar-Sacral Orthosis)

### **General Description:**

TLSO is the acronym for Thoracic-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 just below the collarbones. 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 TLSO.

A cotton undershirt should always be worn under the TLSO.

- Begin by lying side-ways on a flat surface. (See Figure 1)
- Place the back piece against the back and slide it under the side of the body. (See Figure 2)
- Align the waist indentations in the TLSO to match the position of the waist. Roll onto the back while holding the back shell of the TLSO against the back. Once lying 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. (See Figure 3)
- Apply the front piece with sides overlapping the back shell (See Figure 4), and tighten the straps. The 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. (See Figure 5)

### **Alternative Application:**

If not on spinal precautions, the TLSO may be donned while sitting, but should be repositioned and straps tightened, while standing. Waist indentations in the TLSO 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.

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# SCHECK & SIRESS

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Figure 1



Figure 2



Figure 3



Figure 4



Figure 5

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**Bannockburn**

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**Cleaning and Maintenance:**

The best way to clean a TLSO 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 TLSO in water, as this will harm it. Keep the TLSO away from excessive heat to prevent damage to the plastic.

**Tips and Problem Solving:**

- If the TLSO 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 upper chest.
- If there are any problems or questions with this brace, please contact the orthotist.

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