

## ANTERIOR (FRONT) OPENING LSO GUIDE

You have received an Anterior-Opening LSO (Lumbo Sacral Orthosis) from Orthotic & Prosthetic Specialties, Inc. Your orthosis is a specialized device, and its use may require specialized instructions. These may come from your Orthotist, Therapist, or Nurse as directed by your Physician. Your Physician determines the medical need and wearing schedule for your orthosis, which in turn determine your individualized instructions. Following are general guidelines for wearing and caring for your LSO. Your doctor may alter or supersede any of them, and you should follow his/her directions carefully.

You should don (put on) and doff (take off) your orthosis while lying down unless your physician specifically permits otherwise. Applying your orthosis while standing will be more convenient than while lying down; however, the orthosis can be placed more accurately and firmly while back-lying. If permitted, many people don their orthosis while standing and then lie down to tighten the straps.

If donning in bed, you may need assistance. Your orthosis should have grooves or contours in the waist area which help to place the orthosis. For application in bed, roll onto one side, gently spread the orthosis apart and place on the side of your body which is not resting on the bed. Be sure to line up the waist grooves or contours at or below the level of your waist. Most mistakes in orthosis placement involve applying it too high. This may be uncomfortable and difficult or impossible to adjust once you are up in your orthosis. If you are lying on your right side, you will now attempt to tuck or slide the right side of the orthosis as far underneath your right side as possible. As you roll back into the orthosis, you may feel lumps from the edge of the orthosis or waist grooves which are not yet where they belong. If possible, make it a continuous roll from one side to the other, and then pull the orthosis through. The object is to spend as little time as possible flat on your back until the orthosis is properly placed. Fasten the straps loosely and make sure the waist grooves are at or below your waist and that the orthosis is centered on your body. Tighten the straps from bottom to top; generally the lower straps need to be tighter than the higher ones, though all should be snug. Your orthosis will still function properly with small variances in placement; however you will be more comfortable with consistent and accurate placement.

Your orthosis may fit correctly and still feel uncomfortable at first. You may also experience some discomfort in other parts of your body in reaction to the support or immobilization the orthosis is providing. If these conditions are severe or persist, contact your Orthotist.

Redness of the skin may develop under pressure areas of a new orthosis. Redness should lessen greatly or disappear in 10 to 30 minutes after the orthosis is removed, and as your tolerance increases, these areas may cease to occur at all. If the redness does not disappear or if your skin becomes sore or irritated, do not wear the orthosis, remain in bed (unless you have been instructed otherwise) and contact your Orthotist. Examine your skin frequently, at least two times a day.

Your orthosis may accumulate and absorb dirt and perspiration, and can be wiped out with a damp cloth, mild soap, or rubbing alcohol. Make sure no soap residue remains, and allow the orthosis to dry at room temperature or in front of a fan. Do not dry your orthosis with a hair dryer or place on or near a heater. Very warm conditions, such as the trunk of a car, can deform the orthosis. Your orthosis may become brittle and vulnerable to cracking in very cold temperatures. If possible, try to limit the stress placed upon your orthosis when cold.

Please call Orthotic & Prosthetic Specialties, Inc. at 531-2773 if you notice signs of excessive wear anywhere on your orthosis, if there is a change in the amount of motion allowed, if any fasteners are not secure, or if you are having other difficulties or have questions about your orthosis. Do not attempt to adjust or repair your orthosis yourself. We will make every attempt to resolve any problem or answer any question as soon as possible.