

LUMBOSACRAL CORSET GUIDE

You have received a lumbosacral corset 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 corset. 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 patients don their corset while standing and then lie down to tighten the straps.

Your orthosis should have a tag in the middle of the top, back side of the garment. This tag goes against your body. Before attempting to apply the garment, make sure that the corset is at its full length. This is done by releasing the side silver buckles and lengthening the straps. Take either side of the front opening in your hands and stretch the corset outward. By making the garment as big as possible, it will reduce the amount of effort needed to stretch and fasten the corset around you. For application in bed, roll onto one side while holding one half of the front opening against your abdomen. Let the other half of the corset drape over your back and onto the bed. Roll back flat and then onto your other side. The other half of the corset should be accessible. Pull the remainder of the corset toward the middle of your abdomen. Roll flat onto your back. Fasten the closure from the bottom to the top. The bottom front edge of the garment should be ½ to 1 inch over the anterior superior iliac spines (your front hip bones that stick out forward). Pull the bottom two side straps simultaneously around you and towards midline of your body. Pull the upper two sets of straps around you in the same manner. The corset needs to be fairly snug in order to function properly; however, the upper straps may be worn a little looser to insure that a full breath may be taken. After getting out of bed, recheck the height of the corset. The front edge should be as stated above. The bottom edge should be covering the widest part of your buttocks. The posterior (back) rigid steel stays should be on either side of your spine. Your orthosis will still function properly with small variances in placement; however you will be more comfortable with consistent and accurate positioning.

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.

It is recommended that a snug fitting cotton garment or t-shirt be worn between you and your corset. This interface will absorb perspiration resulting in keeping the garment cleaner for a longer period of time. If any skin irritation occurs, contact your Orthotist. Examine your skin after each usage of the orthosis. The garment may be hand washed according to the manufacturer's directions that are included in the box with your corset. Do not use any forms of heat to dry your corset.

Please call Orthotic & Prosthetic Specialties, Inc. at 531-2773 if you notice signs of excessive wear anywhere on your orthosis, 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.