



Orthotic & Prosthetic Specialties Inc.

BIVALVE TLSO GUIDE

You have received a bivalve, (2-piece) TLSO (Thoracic 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 TLSO. 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.

You may or may not need assistance to don your orthosis. Make sure you know which is the posterior (back) and anterior (front) half of your orthosis as well as the top and bottom. Both sections of your orthosis should have grooves or contours which help to place it. For application in bed, roll onto one side and place the posterior section on the bed with the waist grooves at the level of your waist or lower. Most mistakes in placement involve applying the orthosis too high. This may be uncomfortable and difficult or impossible to adjust once you are up in your orthosis. Roll into the posterior section and (usually) up onto your other side enough to accurately center the orthosis. Place the anterior section and fasten all straps loosely. Make sure the waist grooves are at or just below your waist and that both halves are 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. The top edge of the anterior section of the orthosis should be at least 1 inch below your sternal notch (the top edge of the bone in the middle of your chest). Your orthosis will still function properly with small variances in placement; however, you will be more comfortable with consistent 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.