



Date: _____

Patient Name: _____

SPINAL ORTHOSIS

You have been fit with a **Spinal Orthosis**.

The orthosis is designed to support your back and limit the motion of your spine. Usually this device is worn anytime you will be out of bed. However some conditions require 24 hour per day usage so please check with your doctor for specific instructions.

Your TLSO, or back brace, should always be worn over a snug shirt, preferable a shirt made of cotton. Unless your doctor instructs you differently, your orthosis should be put on before you get out of bed.

It is important that the waist grooves (indentations in the sides of the orthosis) line up with your waist. Pull all straps snug until the orthosis cannot be shifted on your body. If it is a two-part orthosis, the front section should fit over the back section.

Your orthosis can be cleaned with a wash cloth and mild soapy water. Make certain all soap residue is removed and the orthosis is completely dry before re-applying. Following surgery there may be some discharge through your dressings. Cleaning this area with alcohol will help kill the bacteria which may be present.

Make sure you are comfortable with how to properly put on and take off your orthosis. Never attempt to modify your orthosis yourself.

Please inspect your orthosis daily for any signs of wear including cracking, loose parts, or decreased effectiveness of the device and call our office if needed.

Patient Signature

Date