



Date: _____

Patient Name: _____

FRONT OPENING 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 back brace (L.S.O.) should always be worn over a snug shirt, preferably made with cotton.

This style of L.S.O. is intended to be put on while standing, never sitting. It is important that the waist grooves (the indentations in the sides) line up with your waist. Then connect the Velcro straps through the loops. Pull the straps partially snug and then check to make sure the waist grooves are at your waist line and orthosis is centered on your body. Then pull the straps snug until the orthosis cannot shift.

Your orthosis can be cleaned with a wash cloth and mild soapy water. Rinse with clean water to remove all soapy residues, then dry with a towel. The orthosis will not absorb water, only the straps will. This should not be a concern. Following surgery there may be some discharge through your dressings. Cleaning this area of your orthosis with alcohol will help kill bacteria which may be present. 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 and please call us if you have a problem so we can make any necessary adjustments.

Patient Signature

Date