



## A guide to...

# Fitting your TLSO Brace in sitting or standing position

### *Patient information*

#### **Inpatient Therapy**

Watford General Hospital

Hemel Hempstead Hospital

St Albans City Hospital

#### **West Hertfordshire Hospitals NHS Trust**

Vicarage Road

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## What is a TLSO Spinal Brace?

A thoraco lumbar sacral orthosis (TLSO) is a spinal brace.

The brace is designed to protect your spine. You should wear it at all times, unless lying in bed. You will be able to sit at a 90 degree angle but you will not be able to bend forward past a right angle. **You should wear it at all times, except when resting and sleeping.**



## How do I put the brace on?

Your brace should be worn over a thin close fitting vest or t-shirt. Turning this inside out can avoid rubbing from the seams. Other clothing can then be worn over the top.

## Further information

Information on who to contact, ie web sites / telephone numbers of other departments / organisations which may be of help.

## Contact Us

If you have any questions or concerns with your brace, please contact the ward you were discharged from:

Ward.....

Phone number .....

or your trauma rehabilitation co-ordinator on 07393 016245 (Mon-Fri 8-4pm)

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email **pals@whht.nhs.uk**



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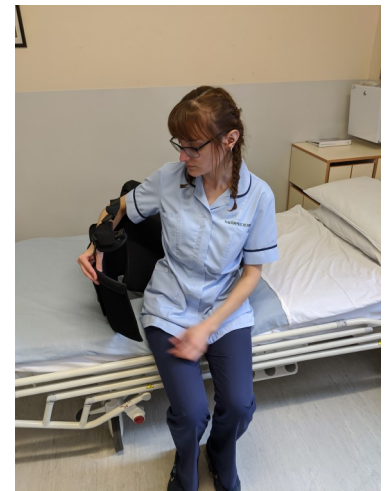


## To fit in Sitting / Standing with Sternal Bar:

1. Undo one of the side Velcro panels and the shoulder strap clasp on the same side



2. On the right Side, place your arm through the strap, bringing it



4. Attach the front section by pulling the Velcro panel across as tightly as you can



5. Attach the shoulder strap via the clasp



4. Grasp the pull handle and pull across your body to tighten. Fasten the pull handle to the front part of the brace and attach to the front of the brace

You may want to tighten this further in standing



### **Skin Care**

You should check your skin everyday especially if you have any changes in skin sensation.

As you allowed to fit the brace in sitting / standing you can shower and get dressed in sitting / standing before applying the brace. It is still recommended to wear a vest under the brace and other items of clothing on top.

### **Cleaning**

The material can be wiped over with a damp cloth but the brace should not be placed in a washing machine .