

## Further information

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

### How to contact us:

Inpatient Physiotherapy  
Watford General Hospital  
West Hertfordshire Hospitals NHS Trust  
Vicarage Road  
Watford  
WD18 0HB

If you need this leaflet in another language, large print, Braille or audio version, please call **01923 217 187** or email [westherts.pals@nhs.net](mailto:westherts.pals@nhs.net)



Author	Claire Lawson
Department	Inpatient Therapy
Ratified Date / Review Date	Oct 2020 / Oct 2023
Version Number / ID Number	45-1098-V1



West Hertfordshire  
Hospitals  
NHS Trust



# A guide to...

## Fitting your TLSO Brace in a lying position

*Patient information*

**Inpatient Therapy**

Watford General Hospital  
St Albans City Hospital  
Hemel Hempstead General Hospital

## 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 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.**

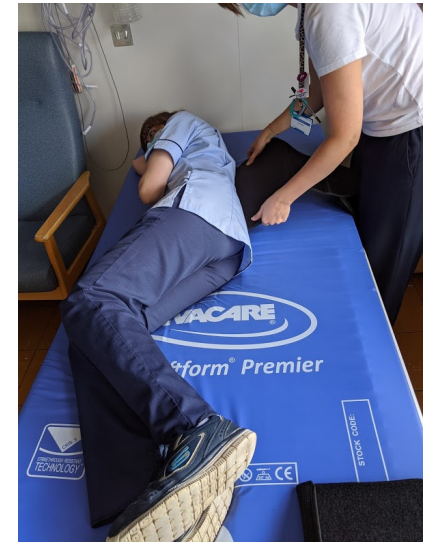


## How do I put the brace on?

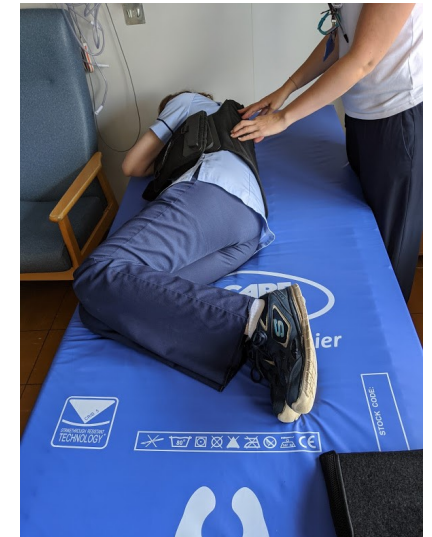
Your brace should be worn over a thin close fitting vest or t-shirt. Turning this inside out can avoid rubbing from the seams. Other clothing can then be worn over the top.

## To fit without the sternal-bar

1. Fold one wing of the back panel back on itself and tuck under the user.  
Ensure the brace is in line with the spine



2. Holding the brace in position, have the user roll onto their back



3. Position the front panel, securing in place with the Velcro panels.

Then pull on the drawstring handles to tighten as required



### **Skin care**

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

### **Cleaning**

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

### **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)