

## How to contact us

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



## A guide to...

# Fitting your TLSO Brace sitting / standing without sternal bar

## *Patient information*

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



Author	Claire Lawson
Department	Inpatient Therapy
Ratified / Review Date	June 2024 / June 2027
ID Number	45-2256-V2



**Inpatient Therapy**  
Watford General Hospital  
Hemel Hempstead Hospital  
St Albans City Hospital



## 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 a sitting or standing position you can shower and get dressed in a sitting or standing position 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 .

## 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 (Monday-Friday, 8-4pm)

## 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 in sitting / standing position without sternal bar:**

1. Wrap the brace around you so the back panel is in line with the middle of your back and the front panel sits across your stomach



2. Fasten the Velcro side panel



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

