

DAILY ACTIVITES

Clothing

Loose-fitting clothes will not reveal the outline of your orthosis. Pants usually will be at least 1 size larger. Pants with elastic waistbands or drawstrings may fit more easily.

Physiotherapy

If your physician recommends it, a physio will give you exercises to do.

Physical Activities

Orthosis wear tends to produce lazy muscles, especially in the stomach and lower back area, so it is extremely important to be as physically active as possible. You should participate in as many sports as you can and do the exercises prescribed by your physio daily.

Some sports such as baseball and bicycling may be done with the orthosis on. Other activities that need a lot of flexibility, like ballet, trampoline, and gymnastics, may be more difficult to do with the orthosis.

Activities that require you to correct your balance quickly or need increased flexibility or increased air intake must be done with the orthosis off. These include:

- Skating
- Snowboarding
- Downhill Skiing
- Horseback Riding
- Swimming (lap/lengths)

When the orthosis is removed for sports/physical activity, you still consider this time as hours in the orthosis.

Queen Alexandra
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TLSO GUIDELINES

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What is a TLSO?

A thoracic-lumbro-sacral orthosis (TLSO) is a body brace designed to slow the progression of spine deformities. It is worn over an undershirt to protect the skin, but under your clothes. It is worn 22-23 hours per day.

Putting the Orthosis on:

- Pull the undershirt down making sure there are no wrinkles. Wrinkles can cause sores on your skin.
- Spread the orthosis at the bottom of the opening. Slide the opening over one hip. Grab the front and pull the rest of the orthosis around you. Make sure all the straps are outside the brace.
- Make sure the opening of the orthosis is in the middle of your back, and it is not twisted on your body. The waist roll of the orthosis (the indentations inside) should sit at your waist, just above the hip bones and below your ribs.
- Do up the middle strap first, then the bottom and top straps. As you do up the orthosis, you should be checking the positioning to ensure that the waist rolls are properly positioned.
- Always do up the straps at the marked spots. If you wear your orthosis loosely, you will have skin problems and discomfort. A loose orthosis will shift around each time you move and irritate your skin and prominent bones (ribs and hip bones). If you experience regular stomach bloating you may slightly loosen the orthosis for a short time.

WEARING INSTRUCTIONS

Getting comfortable using your orthosis is like getting used to new tight shoes. The following program is designed to help your skin and muscles adjust to having the orthosis on.

Day 1-5: 6 hours, after school

Apply the orthosis for 2 hours, then remove and check skin. If your skin is pink, reapply orthosis for 2 more hours and repeat up to 6 hour total. If your skin is sore and red, wait 30 minutes before putting it back on for 2 more hours.

Day 6-10: 8 hours, to bed

Try to wear the orthosis all through the night, the first night if possible.

Day 11-15: 14 hours, after school and to bed

This stage should be relatively easy once you have mastered sleeping in the orthosis. Leave the orthosis on for the entire time, except for skin care before bed.

Day 16-17: 16 hours, to school and to bed

On day 16, do not wear the orthosis until you go to bed, then put the orthosis on and do not remove it until lunch time. Day 17 is the same except the orthosis is left on all day at school.

Day 18-20: 22-23 hours

By the end of this stage, you will be into full-time orthosis wear. You may take your daily 2 hours out of the orthosis whenever you wish: for example, to take gym at school, eat dinner, and so on.

SKIN CARE

To protect the skin:

- Take a bath or shower every day.
- Always wear a close-fitting, 100% cotton undershirt (tubular knit) without side seams against your skin.
- Wear the orthosis with the straps at the marked spots. If you wear the orthosis loosely, it will move around and cause more skin problems.

To toughen your skin:

- Do not use creams, lotions, or powder under the orthosis. They soften the skin.

To monitor your skin:

- Each time you remove the orthosis, check your skin right away for redness. If the redness lasts longer than half an hour, call your Orthotist. Do not wait until your skin is raw or bleeding.
- If the skin breaks down and becomes sore, red, or raw, do not wear the orthosis until the skin heals. This will take 1 day or more. If this happens, call your Orthotist.
- Continue your skin care regimen even after you are comfortable in the orthosis.

Cleaning the orthosis

Every day use a cloth with antibacterial sanitizer to clean the lining, and then wipe the lining thoroughly with a damp cloth. Make sure all the sanitizer is wiped off the inside, as it could cause skin irritation. Clean the hard plastic outer shell with a damp cloth as needed.

Do not leave the orthosis in very hot sun, in a hot car during the summer, or by a water radiator. The plastic may soften and lose its shape.