



TLSO Spinal Orthosis Instructions

THIS PRODUCT INTENDED FOR THE APPLICATION BY LICENSED HEALTH CARE PRACTITIONERS AS DIRECTED BY A PHYSICIAN OR OTHER MEDICAL AUTHORITY. PROPER FIT AND APPLICATION OF THIS PRODUCT MUST BE PERFORMED BY A MEDICAL PROFESSIONAL. THESE DIRECTIONS ARE GUIDELINES ONLY AND ARE NOT OFFERED AS MEDICAL RECOMMENDATIONS.

Your doctor or orthotist may alter some of these general instructions. Your doctor and orthotist know your medical status and are using this orthosis as part of your total healthcare. It is important to follow their instructions carefully, even if they differ from some of the following guidelines.

***APPLYING THE ORTHOSIS** Your orthosis original fitting must be done by a qualified health care practitioner. The orthosis should already be adjusted to your body. The shoulder straps should already be adjusted to fit your shoulder frame. When removing the orthosis unfasten the lower two straps and leave the shoulder straps fastened. Put the orthosis on and off as you would a jacket.*

- 1) Slip the orthosis on over your shoulders as if putting on a jacket. Allow the orthosis to hang freely off your shoulders. Center the support on your back.
 - 2) Loosely attach both the lower straps from each side through the front buckles to position the Orthosis on your body.
 - 3) Take the bottom pair of hip straps and evenly pull through the front buckles forward and then pull back and attach the Velcro to the strap.
 - 4) Next, take the center waist straps and evenly pull through the front buckles forward and then pull back and attach the Velcro to the strap.
 - 5) Lastly, take the top pair of shoulder straps with D ring and evenly pull through the rear buckles forward and attach the Velcro to the front panel.
- Make sure no straps are twisted and if necessary repeat the above steps for desired compression. Apply the straps from the bottom up.

To Remove: Unfasten the bottom two Velcro closures. Loosen the two D-ring shoulder strap buckles from the front and attach on your sides. Remove orthosis like a jacket.

Washing Instructions:

Before washing, remove plastic inserts and wipe them clean with a cloth.
Clean the Velcro front closures with a toothbrush, gently removing any accumulated lint and dirt.
(Under normal use, with care, Velcro fasteners will not wear out or lose gripping quality.)
Hand wash support in mild soapy cool water. - Rinse thoroughly and drip dry on a flat surface.
Do Not use solvents or chlorine bleach.
Do Not put in the dryer.
Do Not iron.

Orthosis may lose its shape if in prolonged contact with temperatures greater than 200 degrees

Support should never be worn directly against the skin. Always have an undershirt or similar article of clothing between the support and your body. Persons with broken skin or known susceptibility to dermatitis should avoid contact with this material. If a rash or skin irritation develops, discontinue use immediately and consult a physician. Support **Should Not** be worn while sleeping. Support **Should Not** be worn by persons with phlebitis or circulatory problems. **Never** wear support over an open wound.

Notice

While every effort has been made to obtain maximum compatibility of function, strength, durability and comfort, this device is only one element in the overall treatment program administered by a medical professional. U.S. Orthotics disclaims any warranty, expressed or implied, that these products prevent injuries.

