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Do not alter the orthosis yourself. Please contact your orthotist with any queries on (03) 9231 3837.

Contact details

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Lumba Sacral Orthosis

Instructions for wearing a Lumbar Sacral Orthosis (LSO)




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What is a Lumbar Sacral Orthosis (LSO)?

A LSO is a device used to limit motion in the lumbar and sacral regions of the spine (lower back). It is used to treat stable fractures or after surgery to the lumbar (lower) region of the spine.

When is the hip abduction orthosis worn?

The LSO is worn to support the back when sitting and walking. The LSO is generally not required when lying flat in bed.

Showering

Your doctor may instruct you to shower in your LSO. If this is the case, it is recommended to shower at night and then get back into bed and remove the brace as shown in this booklet. Wipe all excess water from the brace and allow it to dry overnight.

Tips

- It is best to wear a singlet or tight fitting top under the brace to absorb sweat and for a more comfortable fit.

- All straps should be done up as firmly as possible.
- You should not lift objects heavier than a phonebook whilst wearing your LSO
- If a red area develops on the skin please contact your Orthotist for assistance. Do not pad the area as it is likely to make the pressure worse.
- If you feel any tingling, numbness, pins and needles or worsening sensation present to your nearest Emergency Department

Fitting your LSO (you will need a helper)

1. Roll to one side without sitting up.
2. Your helper will slide the LSO in under your back as far as possible pushing into the bed.



The bottom of the brace (curved edge) should sit at the same level as your buttocks (as low as possible without making it difficult to sit).



3. Roll on to your back, so you are laying on the brace.
4. Make sure your helper can see the same amount of the brace on each side. If not your helper needs to pull it through more.



5. Tighten the straps on the front of the LSO as firmly as possible start with middle strap.



6. You can now safely sit up on the side of the bed by rolling to one side, allowing your legs to hang over the bed and pushing yourself up with your arms.
7. Re-check that all your straps are firm. The bottom of the brace should just touch the mattress.



Removing your LSO:

1. Lie flat on your back and loosen all your straps.
2. Roll to one side and have your helper pull the brace from under your body. It should slide out easily.