

## REMOVING YOUR TLSO

1. Lie flat on your back.
2. Undo shoulder straps and right waist strap.
3. Roll to right side.
4. Helper will slide TLSO out from under you.
5. Attach all Velcro parts so none are lost.

## TIPS

- Wear a singlet or tight fitting top under the brace for comfort and to absorb sweat.
- All straps should be done up as firmly as possible. The shoulder straps should hold the shoulders back so there is no gap between the back and the top part of the brace.
- Do not lift objects heavier than 2kg
- 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, go to your nearest Emergency Department.*

***Do not alter the TLSO yourself.  
Please contact your Orthotist with  
any questions on (03) 9231 3837.***

## WHAT IS A TLSO?

A brace used to limit motion in the thoracic, lumbar and sacral regions of the spine (your back, not your neck). It is used to treat stable fractures or after surgery to the thoracic (middle) and or lumbar (lower) region of the spine.

## WHEN DO YOU WEAR IT?

The TLSO is worn to support your back when sitting and walking. The TLSO is generally not worn when lying flat in bed.

## SHOWERING WITH A TLSO

If you have to shower with your TLSO, shower at night and then get back into bed and take off the brace as shown in this booklet. Wipe all water from the brace and let it dry overnight. Replace chest pad with spare dry pad.

Inspired  
by  
You

# Thoracic-Lumbar-Sacral Orthosis (TLSO)

## Instructions for wearing a TLSO



ST VINCENT'S  
HOSPITAL  
MELBOURNE  
A FACILITY OF ST VINCENT'S HEALTH AUSTRALIA

St Vincent's  
PO Box 2900 Fitzroy  
VIC 3065 Australia  
(03) 9231 2211  
www.svhm.org.au



StVincent'sHospitalMelb  
@StVincentsMelb  
st-vincent's-hospital-melbourne  
@stvincentsmelb

# INSTRUCTIONS FOR PUTTING ON YOUR THORACIC-LUMBAR-SACRAL ORTHOSIS (TLSO) (HELPER REQUIRED)

## 1 HELPER: Undo

- Shoulder straps at the buckle
- string strap at waist
- Right waist strap

## PATIENT:

Lie flat on your back in bed.



## 2 PATIENT:

Roll to one side without sitting up.

## HELPER:

Place long waist strap over patient's stomach.

- Push the right TLSO strap into the bed and slide to the other side. The bottom of the brace should sit at the same level as the buttocks (as low as possible without making it difficult to sit).
- Attach left shoulder strap.



## 3 PATIENT:

Roll on to your back, so you are lying on the brace.

## 4 PATIENT:

Make sure the TLSO is sitting centrally. There should be the same amount of waist material on each side. If not pull it further to one side.



## 5 PATIENT:

Wrap around the thick waist strap so both sides are evenly secured.

## 6 PATIENT:

Pull string tab to tighten brace firmly.



## 7 PATIENT:

Attach right shoulder straps via the two clips on the chest pad. The shoulder straps should sit evenly on the shoulders.



## 8 PATIENT:

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.



## 9 PATIENT:

Re-check that all your straps are firm. The bottom of the brace should just touch the mattress on the bed.

