TLSO (Single Moulding) - Handout for Patients and/or Carers

A TLSO may also be referred to as: - a back brace; a jacket; a brace, a spinal orthosis. The TLSO is an orthosis designed to support the spine, provide postural support and apply corrective forces to a patient’s spine. Generally the orthosis should be (after a period of breaking in) **worn all the time** the patient is **upright and in a vertical or sitting position**, or for time periods as **specified by the patient’s hospital consultant** or primary health care professional. The TLSO is specifically designed and made for each individual patient and the TLSO should be worn over a **thin T-shirt or vest** preferably close fitting; where there are seams in the garment it would be advisable to wear the T-shirt/vest inside out.

In some instances it may be necessary to have **two carers** to apply the orthosis until a single carer has experience and is familiar enough to apply the brace single handed.

**INSTRUCTIONS ON HOW TO APPLY:**

**N.B** These instructions are for guidance only, and generally each patient and carer after some experience often find differing ways to achieve the same end result.

With the patient sitting on a plinth or similar flat couch.

- From behind the patient, ensure the TLSO is the **right** way up and not upside down, open the TLSO and place around the patient.
- When the TLSO is in place, **lie the patient down**, and **flex the hips** mimicking an almost seated position (this extends the patient’s spine and is an important process for best treatment).
- Ensure that the **waist indent** of the orthoses is placed at the **natural waist of the patient**, it may be necessary to move the orthosis down so that this position is correct.
- With patient continuing to lie down and keeping the hips flexed, **fasten the bottom strap** fairly firmly but **not overly tight**, to secure the orthosis over the pelvis. As a general rule there should be approximately **10 - 20mm gap** at the opening once the straps have been fastened, although please remember to adjust this as the patient increases weight and girth.
- The **remaining** straps can then be **fastened** firmly with a similar 10 - 20mm gap at the opening.

Bring the patient into a sitting position and transfer from the plinth, to the patients normal every day seating, ensuring that the patient is **comfortable** and the **breathing** is not restricted.

**Problems**

If any of the following occur please do **not** continue to use the orthosis and contact your centre or your primary health professional from where the orthosis was provided.

- The patient is complaining of **pain**, and /or the patient shows signs of **discomfort**.
- The orthosis is causing excessive **redness** or **soreness** to any skin area covered by the orthosis that does not disappear after **ten minutes** after the removal.
- The orthosis becomes or is becoming too **small**, or too **loose** e.g. the patient has grown or put on weight or the patient has lost considerable weight.
- The orthosis becomes **damaged**, **fatigued** or it is not performing as expected.