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Spinal Orthosis Wear-In Instructions

You have been fit with a spinal orthosis. Unless otherwise instructed, please use a gradual wear-in schedule to allow your body to get used to the device. Start with an hour today. Increase the wear time by an hour each day as tolerated. Following use, remove your orthosis and inspect your skin. There may be some skin redness from pressure areas. Redness should not persist for more than 15 minutes after removal. Discontinue use also if any sign of numbness, tingling, color change, excessive itching, swelling, or pain develops. Please contact our office for adjustments and do not reapply orthosis. Failure to do so could lead to blisters or open sores.

The orthosis is designed to support your back and limit the motion of your spine. Usually this device is worn anytime you will be out of bed. However, some conditions require 24 hour usage. You may need to check with your doctor. (T)LSO's or back braces should always be worn over a snug shirt, preferably cotton. Unless your doctor instructs you differently, your orthosis should be put on before you get up out of bed. It is important that the waist grooves (indentations in the sides of the orthosis) line up with your waist. Pull all straps snug until the orthosis cannot be shifted on your body.

Your orthosis can be cleaned with a washcloth and mild soapy water. Saddle soap can be used on leather portions. Make certain all soap is removed and the orthosis is completely dry before reapplying.

Please inspect your orthosis daily for any signs of wear including: cracking, loose parts, or decreased effectiveness of the device and call our office as needed. A yearly check up is recommended.

These instructions have been explained to me and I have been given a written copy of them to take home.

Patient Signature: _____ Date: _____

Please contact us if you have any questions

UNC Hospital Office: 919-966-4630

UNCH Prosthetics/Timberhill Pl. Office: 919-945-0215