

WINKLEY

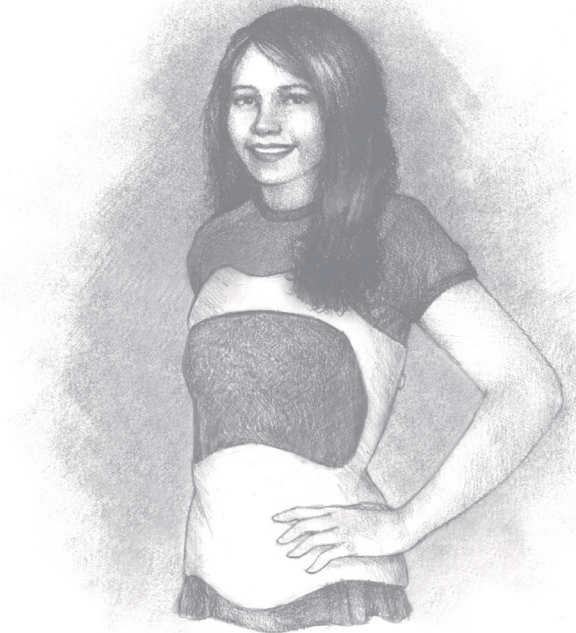
ORTHOTICS & PROSTHETICS

At Winkley Orthotics,
we specialize in custom-
fabricated adult and
pediatric orthoses. Our goal
is to improve each person's
mobility and enhance quality
of life by providing the
highest quality orthotic
care, non-operatively and
post-operatively.

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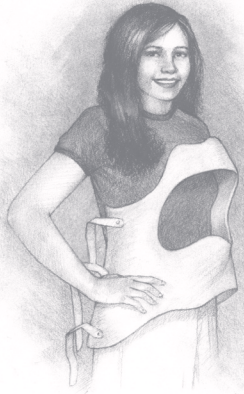
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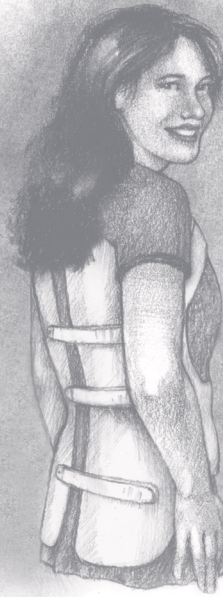


Wearing
and Caring
for your TLSO

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Place the indentations in your waistline.



Tighten all straps snugly.

General Information

A TLSO is a custom molded spinal orthosis designed to support the spine while limiting motion such as bending and twisting. This limitation of motion will allow you to heal and decrease pain. Each orthosis is custom designed for each individual patient. It can be worn both non-operatively and post-operatively.

Fabrication

Once your physician has determined your need for a TLSO, you will be seen by an orthotist who will take a plaster impression of your torso. This impression is used as a model to fabricate your TLSO to individually fit you. This procedure will take about 15 minutes and is routinely done standing.

Fitting

Your TLSO will be fit after it is fabricated. Trims and modifications are made to accommodate your contours. This procedure usually takes approximately one hour. Putting the TLSO on and off, and care of

your orthosis will be explained at this time. The TLSO is routinely worn 23 out of 24 hours. The length of time you are to wear the TLSO is determined by your physician.

Donning and Doffing

- Always wear a cotton t-shirt under your TLSO.
- Your TLSO can be put on and off independently but you may need help initially.
- Hold your TLSO by the back opening and spread it open.
- Place the indentations in your waistline directly below your ribs and above your hips.
- Center the opening in the middle of your back.
- Tighten all straps snugly, securing the middle strap first.
- Reverse this process to remove your TLSO.
- Your TLSO should be donned either standing or lying, never sitting.

Brace Care

To keep your TLSO clean, wash it daily with a wet wash cloth and mild soap. The closed cell padding will not absorb water. Wipe TLSO dry before reapplying. Straps may need to be replaced as they become worn. Contact Winkley Orthotics with any questions or concerns regarding the fit or function of your TLSO.

Skin Care

Always wear a cotton t-shirt under your TLSO and change as necessary to keep dry and clean. Never use greasy ointments or powder under your TLSO. Use rubbing alcohol to help toughen skin. Pink areas where TLSO contacts snugly, such as the waist indentations, are normal. Red areas on bony prominences are not normal and your orthotist should be contacted for adjustments if this occurs.

Clothing

All of your normal clothes, including underwear, should be worn over your TLSO. A cotton t-shirt is worn under at all times. Loose fitting pants and shirts will be the most comfortable. A normal bra can be worn under the TLSO.

Wearing

Unless instructed otherwise by your physician, your TLSO needs to be worn during all normal activities. It is necessary for you to adhere to your wearing schedule in order for you to heal properly. If you have questions or concerns regarding fit, comfort, or function, contact your orthotist.