

# WINKLEY

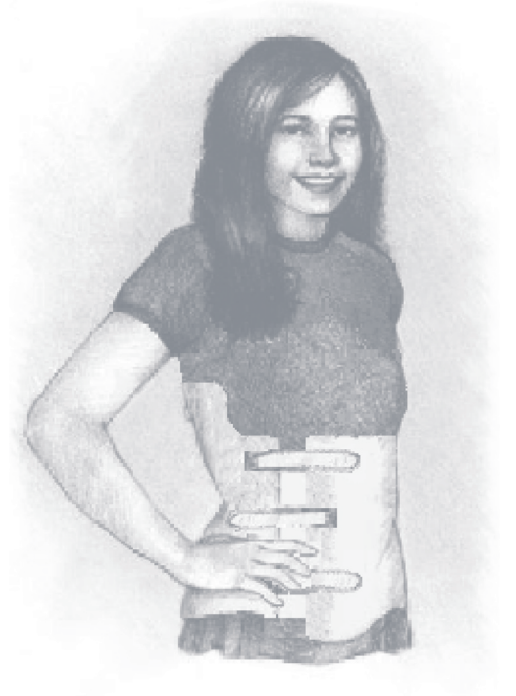
ORTHOTICS & PROSTHETICS

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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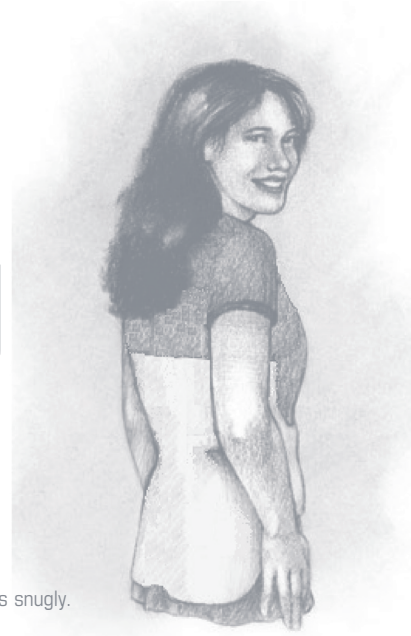
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ORTHOTICS & PROSTHETICS



Wearing  
and Caring  
for your LSO

# Wearing and Caring for your LSO



Tighten all straps snugly.

## General Information

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 an LSO 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 LSO to individually fit you. This procedure will take about 15 minutes and is routinely done standing.

## Fitting

Your LSO 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 LSO on and off and care of your orthosis will be explained at this time. The LSO is routinely worn full time during the day. The length of time you are to wear the LSO is determined by your physician.

## Donning and Doffing

1. Always wear a cotton t-shirt under your LSO.
2. Your LSO can be put on and off independently but you may need help initially.
3. Hold your LSO by the front opening and spread it open.
4. Place the indentations in your waistline directly below your ribs and above your hips.
5. Center the abdominal panel in the middle of your stomach with opening offset to the right.
6. Tighten all straps snugly, securing the middle strap first. Place plastic flap under opening edge.
7. Reverse this process to remove your LSO.
8. Your LSO should be donned either standing or lying, never sitting down.

## Brace Care

To keep your LSO clean, wash it daily with a wet wash cloth and mild soap. Wipe LSO dry before reapplying. The 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 LSO.

## Skin Care

Always wear a cotton t-shirt under your LSO and change as necessary to keep dry and clean. Never use greasy ointments or powder under your LSO. Use rubbing alcohol to help toughen skin. Pink areas where LSO 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 LSO. A cotton t-shirt is worn under at all times. Loose fitting pants and shirts will be the most comfortable.

## Wearing

Unless instructed otherwise by your physician, your LSO 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.