



# Lumbar Sacral Orthosis (LSO) Care and Use Instructions

A Lumbar Sacral Orthosis (LSO) is a custom molded plastic brace designed to protect, stabilize and limit motion in your spine and torso.

## How to use your LSO

- Wear a snug fitting cotton tee shirt under your LSO; it will absorb perspiration, protect your skin and keep your LSO clean.
- Wear your LSO in the correct place. There is usually an indented area inside your LSO. The indented area fits into your waist just above your hip bones. Use this as a guide to help you position your LSO correctly.
- Wear the LSO as snugly as possible; this will provide the most support to your spine and torso.
- Spinal orthotics have a tendency to “ride up” on your body as the day progresses (when you sit, your hips tend to become wider and push the LSO up). You will need to readjust your LSO through out the day to ensure proper positioning.
- When you remove your LSO, check your skin for any red pressure areas. Any reddened area that does not fade after 20 minutes should be watched carefully. This is especially important for patients who are diabetic or who have poor sensation.
- Your physician will tell you if you need to wear your LSO full time or only when you are not lying flat in bed.

Ask your physician when you should wear your LSO, and follow those instructions carefully.

- Do not become discouraged if you feel an adjustment is needed. This is not unusual. A minor adjustment might be needed to ensure a good fit. Call your orthotist to discuss this.

## How to Care for Your LSO

- Clean your LSO at least once a week with mild soap, and rinse well to remove soap residue.
- If you have a removable liner, follow the washing instructions on the tag sewn into the liner or ask your orthotist for directions.

## Important Notes

A LSO is a very specialized device. It is VERY important to keep all follow-up appointments made by your Physician and/or Orthotist. Please call to schedule an appointment if any unexpected problems occur.

## Special Instructions (if Applicable)

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