

PROVIDENCE TLSO

The Providence Orthosis is also known as a scoliosis back brace or TLSO. It is used to help treat flexible curves present in adolescent scoliosis. Similar to the Charleston Bending Brace, the Providence only needs to be worn at nighttime, rather than day and night. This orthosis is custom fabricated and should only be worn by the person for whom it was prescribed and fabricated and worn only according to physician instruction.

Wearing Instructions

1. The brace should be worn between 8-10 hours each night.
2. Always wear a clean T-shirt under the brace. It should be long enough to extend below the bottom of the brace. The T-shirt should be slim fitting, not baggy. Loose fitting shirts worn under the brace can cause skin problems.
3. Apply the brace lying down in bed.
4. Keep the brace tightened to the line drawn on the strap as instructed by your Orthotist.

Cleaning Instructions

1. Use rubbing alcohol to clean the inside of your brace daily. This is especially important in warm weather.
2. Use rubbing alcohol on the areas of your skin where the brace applies pressure, this will help prevent skin problems.

Break-in Schedule

The break-in period is usually one week. For the first few nights you will probably sleep only a few hours in the brace before waking. When you wake-up, remove the brace and sleep the rest of the night with the brace off. Repeat this procedure every night. You will find that by the 4th night, you will be able to sleep in the brace for at least 8 hours. If it takes longer than two weeks for you to be able to sleep all night in the brace, please contact your Orthotist.



If you have any questions or concerns throughout the course of your treatment, please contact your Orthotist at Westcoast Brace and Limb.