

SPINAL ORTHOSIS: BI-VALVE

A spinal orthosis (aka back brace, TLSO, or LSO) consists of two pieces, a front (anterior) and back (posterior) piece that overlap each other on the sides. The spinal orthosis is used to immobilize the spine and aide in healing, protecting, and pain reduction after a back injury or spine surgery.

Application

1. Apply a tight fitting T-shirt or body sock. A loose garment will produce wrinkles under the spinal orthosis and may cause irritation and/or skin breakdown.
2. Lie on your back while a caregiver palpates the waist (soft area above the hips and below the ribs). This is where the waist rolls on the inside of the orthosis will line up.
3. Log Roll onto your side.
 1. Slightly flex the hips then raise your arm above your head.
 2. With assistance, to prevent twisting between the hips and upper body, roll toward the side with the raised arm.
4. Place the back section of the spinal orthosis behind the patient, with the waist rolls lined up with the waist you palpated earlier.
5. Roll back onto your back. The caregiver will check the alignment of the back section and the waist rolls to ensure proper location. Move the orthosis accordingly
6. Place the front section on the patient, with the sides overlapping the back section.
7. Fasten the middle straps first, pulling evenly from both sides, to prevent rotating the orthosis. Then tighten the top and bottom straps, pulling evenly.

Wearing Instructions

1. The spinal orthosis should always be worn snug. If the straps are too loose, the orthosis will move as you move and can cause irritation, especially in sitting.
2. Check with your Physician for precise wearing schedule. Sometimes the spinal orthosis must be worn at all times. In other cases, it only is worn during sitting and standing, but should always be applied while lying down.

Care Instructions

The orthosis can be cleaned with a wash cloth with soap and warm water. It may also be cleaned with rubbing alcohol. Make sure the orthosis is completely dry prior to wearing.

Please contact your nearest Westcoast Brace and Limb facility with any questions or concerns.



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