

The chair back lumbar-sacral orthosis (LSO) is an off-the-shelf style back orthosis (brace) designed to support and stabilize your spine. There are many types including but not limited to the California Chair Back, Tri-Mod, Miami Lumbar, and Mid-Profile Orthosis. They are used for an assortment of spinal pathologies requiring some immobilization and offloading. This device should only be worn by the person who was measured and custom fit with the device and only according to Physician instructions.



APPLICATION

1. Don a well fitting T-shirt.
2. Open the Velcro on the right side of the anterior (front) panel.
3. For ideal fit and function, lie supine (on your back). This will allow for containment of your abdominal tissue and additional support.
4. Position the orthosis under your back, so the posterior (back) panel is centered.
5. Center the anterior (front) panel on your body.
6. Secure the Velcro and ensure that the Velcro is even. Re-adjust if necessary until it is even and the orthosis fits snug.
7. Find the compression pull tab on the side(s) of the orthosis and pull it forward and across your body. Attach it to the anterior panel or to the Velcro on the opposite side. The compression pull tab can be tightened or loosened based on your comfort, but remember the orthosis provides the most support when it is snug.

REMOVAL

1. Undo the compression tab and stick back to the side of the orthosis from which it was pulled.
2. Open the Velcro on one side of the orthosis and remove the orthosis.

WEARING INSTRUCTIONS

These LSOs are typically worn for sitting, standing, and walking. In some instances you may be required to sleep in the orthosis as well. Wear the orthosis according to your Physician's instructions.

CARE INSTRUCTIONS

The foam liner in the posterior panel can be removed for cleaning. Hand wash with mild detergent and rinse thoroughly. Lay flat to air dry. Do NOT machine wash or dry. The anterior panel can be wiped with a damp cloth. Ensure the entire orthosis is completely dry prior to re-application.

PLEASE CALL YOUR NEAREST WCBL REGARDING ANY QUESTIONS OR CONCERNS.

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