



Spinal Braces

Spinal braces

Your spinal brace (sometimes referred to as a TLSO or LSO) has been prescribed for your use by your doctor and has been assessed and fitted by the orthotist. This leaflet provides information about the three most commonly used spinal braces within the Trust:

- Underarm (TLSO)
- Over the shoulder (TLSO)
- Hyperextension or Jewett brace

Why do I need to wear the spinal brace?

The reasons that patients need to wear a spinal brace vary. They may include trauma, a post-operative or pre-existing condition e.g. rheumatoid arthritis.

How long do I need to wear the spinal brace for?

Your doctor will tell you how long you will need to wear the spinal brace – for trauma and post-operative patients this is normally for 12 weeks from the date of injury/surgery.

Do I need to wear the spinal brace day and night?

Your spinal brace must be worn at all times when you are out of bed. It does not need to be worn when lying down flat.

How do I put the spinal brace on correctly?

When the spinal brace is supplied the orthotist will, adjust all straps to the correct position and instruct you how to fit your spinal brace.

The spinal brace can be worn next to the skin or on top of a vest or T-shirt. The spinal brace needs to be worn firmly. To do this follow these steps:

Underarm TLSO correct position

- Place spinal brace under the body whilst lying on a bed
- **Front** – position the lower triangle shaped pad on the pubic bone, the upper pads rest on the sternum or chest bone
- **Rear** – position the lower pad on top of your bottom and the two steel uprights either side of the spine
- The underarm spinal brace has 4 fastening straps. The lower strap fastens round the waist, this should be fastened first. To do this, use the plastic buckles not the Velcro, as this keeps the brace at the correct tension. The upper strap fastens round the lower rib cage. Pass the Velcro strap through the plastic loop pulling the strap firmly ensuring that the front upright follows the mid line of the body
- To take the brace off, this can be achieved by undoing two fastening straps only (they both need to be on the same side)
- The pads can be removed; hand washed and allowed to dry, before reattaching them

Over the shoulder TLSO correct position

- **Front** – position the lower triangle shaped pad on the pubic bone, the upper pads should rest on the sternum or chest bone
- **Rear** – position the lower pad on top of bottom and the two steel uprights either side of the spine
- The brace has six fastening straps. The lower strap fastens round the waist, this should be fastened first. To do this, use the plastic buckles not the Velcro, as this keeps the brace at the correct tension. The upper strap fastens round the lower rib cage. Pass the Velcro strap through the plastic loop pulling the strap firmly ensuring that the front upright follows the mid line of the body
- Your arms can be passed through the shoulder straps as you put the rear of the brace under you, or can be fastened after the waist and chest straps. The straps are pulled forward and the Velcro attached to the lower rib cage strap
- To take the brace off, this can be achieved by undoing two fastening straps only (they both need to be on the same side), you will also need to release both shoulder straps as well
- The pads can be removed, hand washed and allowed to dry before reattaching them

Hyperextension TLSO correct position

- Front small rectangular swivel pad needs to sit on chest bone. Lower sprung section sits over the pelvis. Rear rectangular pad sits in the small of your back
- The brace has one fastening strap. Place the plastic 'keyhole' onto the metal pin (right hand side of brace). Fasten the hinged plastic clip (left hand side of brace) until you hear a click. This puts the brace under the correct tension
- To take the brace off reverse the above procedure
- The pads can be wiped clean with a damp cloth

Can I have a shower?

If you wish to shower you must proceed with great caution, with a wet floor there is a potential for you to slip. You are advised to have a shower with someone there to assist you. Get into the shower wearing your brace, remove it before you shower and pass it to your helper. After showering dry yourself and reapply the brace before getting out of the shower.

What happens if I have a problem?

If you have a problem with your brace, please contact:

Orthotics Department

Outpatients Area 1 Queen Elizabeth Hospital Birmingham (QEHB)

Mindelsohn Way, Edgbaston Birmingham, B15 2GW

Telephone: 0121 371 6415/6

Your Orthotist is: _____

Accessibility

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