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University Health Board

**Physiotherapy Service**

## Physiotherapy Department Application Guide for Patients

### **TLSO Back Brace**

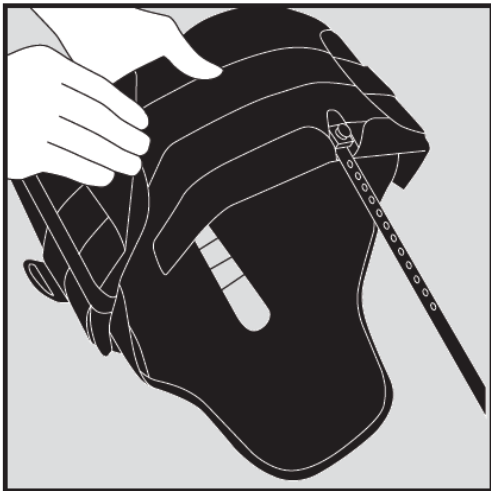


Your consultant has requested you wear the TLSO brace for ..... weeks.

It can be removed at night when you are in bed but needs to be re-applied when up and about. You will not be able to shower whilst wearing this product.

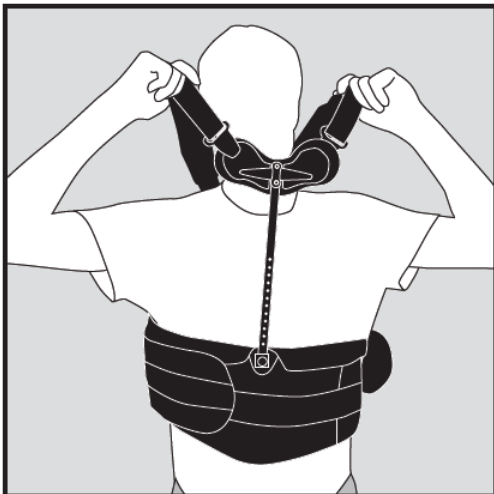
To fit the brace you will need to sit on the edge of the bed.

1



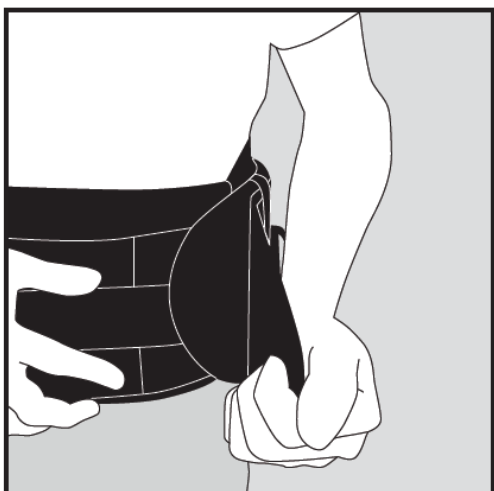
**Open the brace:** Prior to applying, open one of the Velcro panels. Keep the shoulder straps attached.

2

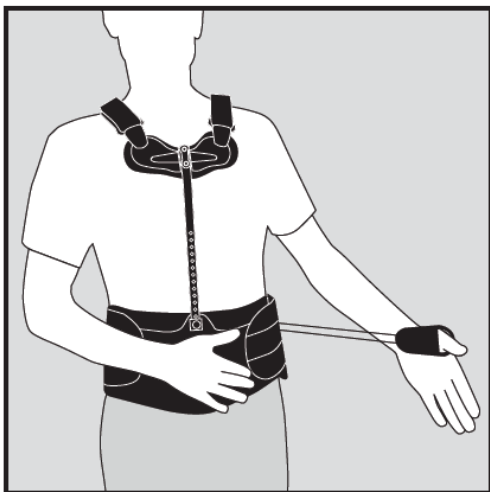


**Apply the brace:** Lift the brace over the head and lower the brace into position. The front and back panel need to rest low down on the torso. Alternatively you can undo the shoulder strap on the same side as the open Velcro panel and place the brace over your torso, like applying a back pack. The shoulder strap then need to be reattached.

3



**Close the brace:** Close and adjust both Velcro side panels by overlapping Velcro on the front panel.

**4**

**Activate Compression:** Grasp the pull handle and pull straight out from the torso. Fasten the pull handle to the front panel. Adjust the compression as needed.

### Removing the brace:

- Remove the pull-handle from the front panel to release the tension. Open one side of the Velcro panel.
- Lift the brace over the head to remove.
- Alternatively release the shoulder strap on the same side as the open panel and slide the brace off the other shoulder like removing a jacket or backpack.

### Washing the brace:

Following the manufacturers recommendations, remove the rigid front and back panels. Wash the brace in cold water with mild soap. Allow the brace to air dry.

Please scan the QR code below through your mobile device for more information and to access a patient education video.



If you have any questions or concerns regarding the fitting of this brace you can contact the physiotherapy service for further advice.