

# Lumbar Sacral Orthosis (LSO)

## Patient Information Guide

You have been fitted with an LSO spinal brace. Your spinal brace acts as support for your spine and the correct fitting is important for your recovery.



## How to use your brace

1. Roll onto your side keeping your back straight.
2. Place the LSO centrally on your back.
3. Return to lying flat on your back.
4. Firmly secure the front straps over one another.
5. Use the pull-handle to adjust the compression of the brace.



## Hygiene

- You must wear your brace at all times, or as advised by your doctor.
- If wearing the brace in the shower, make sure the Velcro strap and back pad are dry before putting on again.
  - You need to lie down to take it off for drying
- Wipe the brace down with soapy water or disinfectant wipes.
- We recommend wearing a cotton t-shirt or singlet underneath the brace.

## Checking your skin

- Your skin needs to be checked daily for skin irritation, broken skin or reddened areas.
- Contact your orthotist immediately with any skin issues.

## Things to remember

- Your brace does not need to be worn for extended periods in bed, unless advised by a doctor.
- Things to avoid:
  - Lifting objects heavier than 2-3kg
  - Sitting in low or deep couches
  - Adding un-prescribed bandages or dressings
  - Exercise or sport

## Issues

- Please contact the RBWH Orthotic and Prosthetic Department if:
  - Your brace is broken or worn out
  - Causing discomfort or skin irritation
- Do not adjust your brace

## Contact Details

Orthotics and Prosthetic Department  
Level 2, Dr James Mayne Building  
Royal Brisbane and Women's Hospital  
Butterfield St, HERSTON QLD 4029  
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