

PATIENT INFORMATION

# FITTING A SPINAL BRACE – TLSO



**Physiotherapy Department**  
**Fitting Spinal Brace – TLSO 464 and 456**

Spinal braces are used to support your back following injury such as spinal fractures. The brace provides extra stability and minimises further damage, allowing you to sit and/or walk.

It is essential to wear this brace every time you are getting up or out of bed and that you follow the application and removal instructions below.

**The spinal brace –TLSO**

Your brace may not look exactly like this picture as different manufacturers have slightly different styles.



Please note that the shoulder straps can be attached in 3 different configurations so may be positioned differently to the picture above. Each brace provided will be altered by the Orthotist or Physiotherapist according to individual need. Please do NOT move or alter any part of the brace without professional advice.

## **Putting on the brace**

**This should be done lying flat on the bed, unless instructed otherwise by a healthcare professional.**

### **Step 1**

- The individual rolls or is rolled onto their side.
- Place the back panel of the brace underneath the individual, ensuring the bottom of the brace is level with top of buttocks and the side panel is tucked under the waist curve.
- Position the brace across the bed enabling the individual to roll back onto it centrally.

### **Step 2**

- The individual rolls back onto their back. The central back panel should be lying against the middle of the back. If not, you may need to roll in the opposite direction from before to gently pull the brace through.

### **Step 3**

- Bring the side panels across the individual and fasten like a corset using the Velcro. The breast plate should be sitting centrally over the breastbone.

### **Step 4.**

- Take hold of the corset strings and firmly pull them both to bring the side panels in around the individuals waist and make a secure fit.
- Stick the Velcro loops onto the side panels.
- Ensure there is no slack in the brace – you should be able to pass no more than a finger underneath the perimeter of the corset. The individual should be able to draw a deep breath comfortably.

### **Step 5.**

- Fasten the shoulder straps on both the left and right to the clips either side of the breastplate.
- The shoulder straps can be fitted either over shoulders or under arms – the Orthotist and Physiotherapist will advise you on this when providing the brace.

### **Step 6**

- With the brace on, the individual can now roll onto their side and bring themselves up and into sitting.

**If the brace is too high or not centrally aligned on the individual do not adjust whilst sitting. Return the individual to lying flat, remove the brace, and recommence from Step 1.**

## **Removal of brace.**

### **Step 1**

- Return the individual to lying flat on their back on the bed.

### **Step 2**

- Undo the shoulder straps from either side of the breastplate.

### **Step 3**

- Undo the corset strings to loosen the brace slightly.
- Now release the brace by unfastening the Velcro waist straps.

### **Step 4**

- The individual now rolls onto their side.
- To remove the brace from underneath the patient, hold the top and bottom of the back panel and slide it out from underneath the individual.
- Once the brace is removed, the individual can return to lying flat on their back.

## **Further information**

- This brace should be worn whenever the individual is sat up in bed or when out of bed, unless advised otherwise by the medical team.
- Skin checks should be carried out daily to check for any areas of redness, irritation or broken skin. Please contact your GP if you have any concerns.
- The brace should always be worn on top of a vest or t-shirt.
- You cannot shower in this brace. A strip wash lying flat on the bed is required.
- Please do not attempt to alter or adjust the mechanics or fit of this brace. If you have any concerns regarding the fit, please contact Orthotics on 01905 760184.

## **Useful Telephone numbers:**

Trauma and Orthopaedics Ward: 01905 763333  
Orthotic Department: 01905 760184

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**If your symptoms or condition worsens, or if you are concerned about anything, please call your GP, 111, or 999.**

### **Patient Experience**

We know that being admitted to hospital can be a difficult and unsettling time for you and your loved ones. If you have any questions or concerns, please do speak with a member of staff on the ward or in the relevant department who will do their best to answer your questions and reassure you.

### **Feedback**

Feedback is really important and useful to us – it can tell us where we are working well and where improvements can be made. There are lots of ways you can share your experience with us including completing our Friends and Family Test – cards are available and can be posted on all wards, departments and clinics at our hospitals. We value your comments and feedback and thank you for taking the time to share this with us.

### **Patient Advice and Liaison Service (PALS)**

If you have any concerns or questions about your care, we advise you to talk with the nurse in charge or the department manager in the first instance as they are best placed to answer any questions or resolve concerns quickly. If the relevant member of staff is unable to help resolve your concern, you can contact the PALS Team. We offer informal help, advice or support about any aspect of hospital services & experiences.

Our PALS team will liaise with the various departments in our hospitals on your behalf, if you feel unable to do so, to resolve your problems and where appropriate refer to outside help.

If you are still unhappy you can contact the Complaints Department, who can investigate your concerns. You can make a complaint orally, electronically or in writing and we can advise and guide you through the complaints procedure.

### **How to contact PALS:**

**Telephone Patient Services: 0300 123 1732 or via email at: [wah-tr.PALS@nhs.net](mailto:wah-tr.PALS@nhs.net)**

### **Opening times:**

The PALS telephone lines are open Monday to Friday from 8.30am to 4.00pm. Please be aware that you may need to leave a voicemail message, but we aim to return your call within one working day.

If you are unable to understand this leaflet, please communicate with a member of staff.