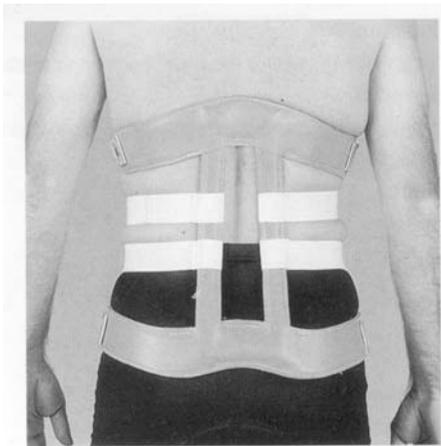


head to foot orthotics

Low Spinal Orthosis



This brochure is intended as a source of information for patients, their family and friends. Questions are welcome, so please contact your Orthotist on the contact number provided.

What is a Low Spinal Orthosis for?

Your Low Spinal Orthosis (LSO) has been fitted to control the alignment and reduce the movement of you lower spine. This may be required following surgery, a fracture, dislocation or ligament injury to the spine. *Orthosis* is another name for an orthopaedic brace.

Putting On

- Your LSO should be applied when lying down unless the Doctor has approved otherwise.
- Always wear a firm fitting shirt or singlet under the LSO.
- Looking from behind, the lower (pelvic) band should sit at the top of your bottom. Ask your Orthotist to demonstrate this.
- The upper band of the LSO should sit just below your shoulder blades.
- Fasten the chest strap (if you have one) firmly, it connects to the upper band and not to the abdominal, front pad.
- Fasten the straps that attach to abdominal pad firmly, beginning at the bottom.

Wearing Problems

- LSO digging into your back *or sides* → Check you have the LSO positioned correctly (see picture on cover). If this persists contact your Orthotist. Don't grind, cut or bend the LSO.

- Straps too long or short → If you gain or lose weight the straps on your LSO may need some adjustment. Contact your Orthotist to have these adjusted.

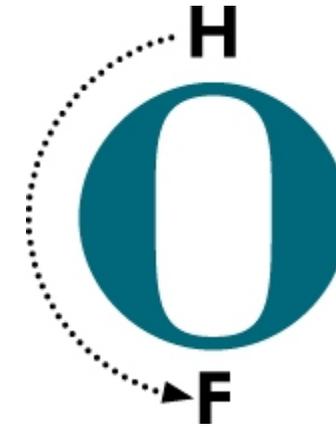
When to wear

The LSO is to be worn at all times when you are out of bed, unless otherwise directed by your Doctor or Orthotist. The LSO is not to be worn for showers as it shouldn't get wet (a shower brace can be provided for this purpose if necessary).

The LSO is designed to prevent movement of your spine. It is recommended that you assist the LSO in preventing movement by not performing any activities that involve twisting or bending of your back.

A medical specialist will advise you when it is safe to remove the LSO. This will be during one of your medical follow up appointments.

Individual client notes



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Further Details

Please contact if you have questions or require an appointment.



(03) 9870 2284

