

# Custom Fit Lumbar-Sacral Orthosis (L.S.O.)



- A lumbar-sacral orthosis (L.S.O.) is a brace worn to help with the support and function of your back following surgery.
- The brace has been molded and modified specifically for you.
- The brace extends from your pelvis to the middle of your back.
- Always follow specific instructions and wearing directives given by your doctor and practitioner.



## Post Operative Information (If the brace is fit following surgery.)

- Following surgery your abdomen may be swollen this swelling may affect the fit of your brace. The brace may need to be adjusted to accommodate for continued swelling. Later, the brace may need to be adjusted when the swelling subsides so the proper fit is continued. Please contact Alcam Medical at 1-866-847-7187 for any adjustments, we will be happy to assist you.

## General Information

- Your LSO is a single piece that opens in the front.
- It is made from the following materials: fabric, foam, laces, and plastic.
- The Velcro waist band and Velcro pull tabs are used to adjust the snugness of fit and limit motion in your spine.
- The brace works by increasing pressure over your abdomen and support from the design of the brace.

## Applying the device

Prior to wearing the brace, it is important to check the following things:

- Make sure the brace is clean and dry.
- Make sure there are no cracks, rough edges, or worn areas on the brace.
- Make sure the rivets and straps are secure on the brace.
- Make sure your skin is clean and dry.
- Examine your skin and look for abnormal redness, blisters, or sores at least one time a day.
- This device is designed to always be worn with protective cotton undershirt between your skin and the brace.

**\*\*Always follow the wearing instructions of the device as described by your doctor.**

**\*\* If you are on spinal precautions, consult with your physician before putting on the L.S.O.**

## Precautions

- See manufacturer's written instructions for cleaning instructions. If the pads become worn and extremely soiled, replacement kits are available. Please contact Alcam Medical at 1-866-847-7187 for assistance with replacement kits.
- Keep your brace away from excessive heat.
- When sitting, you may find it helpful to place a small pillow behind your lower back and sit as straight up as possible for comfort.
- Avoid soft chairs and sit up straight or lean back slightly, this will help reduce pressure on the chest.
- Do not lean over the table while eating. Bring food up to your mouth while sitting straight.
- If the brace is riding up under your arms or your throat, it is likely the brace is fastened too loosely. Straps on the brace can be repositioned and retightened to solve this issue.

**\*\* If you find any concerns or questions, contact your practitioner before wearing the brace.**