

Wear and Care

Wearing:

There is an acclimatization period for wearing a new TLSO. The child's skin may need to toughen up and get used to the new forces from the brace. As a result, it is important in the first few weeks to monitor the skin for areas redness or irritation.

Wear the brace for 1 hour the first day and check skin for redness or irritation. If there is redness or irritation observed, remove the brace for 30 minutes and reapply the TLSO for another hour.

If redness or irritation does not dissipate in 30 minutes, cease wearing the TLSO and contact your Orthotist.

If the brace was well tolerated the first day, add an extra hour of wear time per day (2 hours day 2, 3 hours day 3, etc.) up to the limit set by the doctor.

The Child's doctor or Certified Orthotist will advise you on the total wearing time and frequency of the TLSO.

Doctor's orders supersedes all protocol.

Cleaning:

It is important to clean the brace daily as residue from perspiration will build up on the surface. The inner foam can be cleaned with rubbing alcohol or mild dish detergent and water.

If using detergent, ensure that the foam is wiped down afterwards with a wet soap-free cloth.

Certified Orthotists

Certified Orthotists CO(c) are uniquely trained professionals who provide comprehensive patient care for individuals in need of orthotic treatment. Certified Orthotists CO(c) evaluate and design solutions for patients requiring an orthosis due to muscle/bone impairment, disease or deformity. For more information, please visit: www.opcanada.ca



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Donning Procedure (Anterior opening TLSO)

1. The child should be wearing a form fitting t-shirt or undershirt free from wrinkles. Wrinkles under the brace can cause skin irritation or breakdown.
2. Straps on TLSO should be unfastened before donning. The TLSO should be placed on a firm flat surface with the opening facing up.
3. With the TLSO held open, place the child onto the TLSO. Use the waist roll (foam indentations on the TLSO in the waist area) as a landmark. Waist rolls (Fig. 2) should match up with the soft area between the lower ribs and the hips.
4. Fasten the middle strap first as this will seat the TLSO on the waist roll. Then, fasten the remaining straps. The straps must be done up firmly to prevent brace migration and rotation. When fastened there should be approximately a 2 finger width space at the opening.

Additional landmarks to ensure proper fit:

- ◆ G-tube cutout should line up with the G-tube
 - ◆ Breast relief should match up
 - ◆ Bony relief areas should line up. e.g. bony ribs in front, rib hump on back, etc.
- In an upright seated position, the edges of the brace should sit:
- ◆ Approximately 2 finger widths below the arm pits to prevent impingement.
 - ◆ Approximately 1 finger width away from the thighs to prevent impingement and the brace from riding up.
 - ◆ At least 1 finger width from the seating surface to prevent the brace from riding up.

