



Lumbosacral Orthosis (LSO)

Cascade
Orthotics

Please review this carefully.

Please call Cascade Orthotics for a follow-up appointment at our office no more than 2 weeks after initial fitting.

Brace Application

The orthosis should be worn over a thin shirt without buttons and can be worn under all other items of clothing. It should not be applied directly on the skin.

The following steps should be taken:

1. Open the large front fastening.
2. Ensure that pull cords are completely released so that there is maximum distance between the two sections at the back.
3. Wrap the brace around the low back and overlap the two sides.
4. Check the position of the brace to ensure the bottom will be just touching top of thigh when in a seated position.
5. Fasten anterior and tighten pull cords as tight as desirable.

Care Instructions

- Hand-wash the material portion of brace in warm, soapy water.
- Rinse out all soap thoroughly.
- Gently squeeze out all of the excess water and lay flat to dry. DO NOT machine wash or dry

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