



Scoliosis TLSO

Please review this carefully.

You have been diagnosed with **scoliosis**, which is a sideways curvature and twisting of your spine. Often the reason is unknown or “idiopathic”. Other times it is the result of a neurological or neuromuscular condition. Your surgeon has prescribed a spinal orthosis or brace to control the progression of this curvature that will typically progress over time.

Gradual Increase in Wear Time

The target wear time for the orthosis is 18-23 hours per day. It is important that this time period is reached by gradually increasing the time that it is worn in order to minimize discomfort and the possibility of skin breakdown. It is typically recommended to start off with 1-2 hours at a time with small breaks in between. Lengthen wear time each day. Do not wear throughout the night until it is worn with no sign of skin irritation. Redness on the skin should be expected at specific pressure points as we are trying to straighten and prevent the spinal curve from progressing. As long as these areas do not appear to be leading to progressive skin breakdown, there is no reason for concern.

Brace Application

1. Always wear a thin layer of snug fitting clothing between your skin and the brace. This will reduce friction and provide a wick for moisture to escape.
2. Turn the brace sideways while sliding lower section over torso and then twist into position.
3. Feel for the waist indentations, just above your hip bones and below your ribs. This is where the indent in the brace should sit.
4. Fasten straps on each side as numbered in the following order: middle, bottom, middle (VERY TIGHT), top (SNUG). Over time, as the curvature in the spine straightens, the strap tension may be increased.

Skin Care

Pressure, moisture, heat and dirt can all lead to skin irritation. To avoid these possibilities, keep the skin clean, dry and cool. A thin cotton shirt should always be worn between your skin and the brace.

Cleaning

Hand-wash brace in warm and soapy water. Rinse out all soap thoroughly. **Avoid HOT water on brace as it will cause the Velcro to denature and lose adhesion.** Please call Cascade Orthotics for a follow-up appointment at our office after initial x-ray in orthosis or 2- 4 weeks after your initial fitting.

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