

## Jewett Style Hyperextension TLSO

Following spinal surgery or injury to your back, you will be required to wear a Hyperextension TLSO.

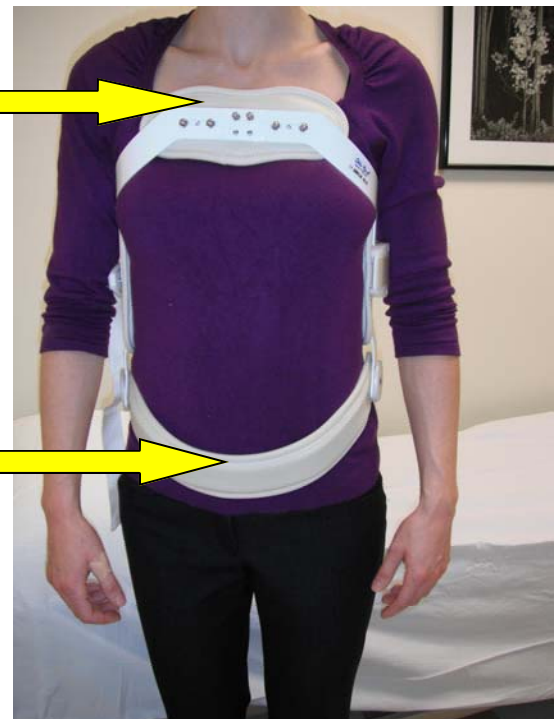
**(Thoraco – Lumbo – Sacral – Orthosis)**

This orthosis (brace) is worn to stop the spine from bending forward or rotation during the healing process. The average length of time required to wear a TLSO is 10 – 12 weeks. (It may be longer or shorter depending on the speed of your healing, or as determined by your physician)



**The top pad should sit at the very top of your chest**

**The bottom pad should rest across the front of your hip bones**





You should be able to sit normally while wearing the orthosis (brace)

Proper tightness occurs when the brace can not be lift away from your body while lying on your back



The back pad should rest at arch of the low back.



To attach the back strap, first apply the buckle to the button on the right side. Then...



..Then tighten by closing the lever on the left side, Accidental/inadvertent unbuckling is a sign that the strap is too loose.



## **BATHING:**

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You may not shower until approved by your physician. When you have been given clearance to shower, you will typically shower with your brace ON (with a shower chair for balance preferably).

Once cleared to shower, you must shower with your brace ON or as instructed by your physician.

**If given Clearance to shower with your brace off:**

1. Lie down and remove the brace by removing the front first and log rolling to remove the back.
2. Remove your T-shirt.
3. The brace itself can be cleaned daily with washcloth wet with soap and water. Rubbing alcohol can be used to disinfect the brace and is recommended once per week. Allow the brace to dry completely before reapplying.

## **SKIN CARE:**

- You must keep your skin clean and dry.
- Avoid lotions, creams and powders on your skin under the brace. Cornstarch powder only can be used if necessary.
- Your skin needs to be checked frequently. If you have a painful or red area, it may be due to improper positioning of the TLSO: Reapply the brace lying down and observe the skin again in 1-2 hours. If the painful or red area does not go away after repositioning, your brace may need to be adjusted. **Contact the Orthotics & Prosthetics department at: (206) 598-4026.** Indicate that you need an adjustment to your TLSO. You will be seen as quickly as possible and given instructions on where to go to have this adjustment made.
- If you have an open area from pressure or any irritation from the brace on the incision, you need to contact a nurse. You will be seen by the nurse as well as the orthotist for an adjustment to the brace if necessary.

**ACTIVITIES:**

1. **Driving** Do not attempt to drive with your brace on. You cannot react normally and are considered an impaired driver. It is extremely unsafe for both you and other drivers. You could cause an accident or get a ticket. To enter the car, back into the seat with your body bent forward (the brace will only allow you to bend to 90 degrees). Swing your legs around. To get out, reverse the process. **Always wear a seatbelt.** Do not ride a bike or any wheeled vehicle or toy as balance is difficult and the danger of falling is great.
2. **Sleeping** Your physician will direct you as to whether you will wear the TLSO at night. If you tend to get up frequently during the night, you should sleep in the brace. If you sleep in the brace you must check your skin more frequently and take the brace off at some point in the day to allow your skin ventilation.
3. **Getting up** You must put your brace on while you are lying down. Refer to section on "PUTTING THE BRACE ON". When getting up, it is important to not try to sit up straight bending at the waist. Get up by rolling onto your side at the edge of the bed, drop your legs off the edge and push with your elbow and hand at the same time.

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