Timeline for Removing a TLSO Brace

Day 1
Remove the thoracolumbosacral orthosis brace (TSLO) while sleeping.
TLSO off ½ hour, 3 times a day with at least 2 hours between. Quiet activities without the brace (reading, eating, watching TV)
TLSO off 1 hour, 3 times a day with at least 2 hours between. Quiet activities only.
TLSO off 1½ hour, 3 times per day with at least 2 hours in between. Slowly increase activity. Walking and lifting up to 20 pounds today as tolerated.
TLSO off 2 hours, 3 times a day with at least 1 hour in between. Longer walks and lifting up to 30 pounds today as tolerated.
TLSO off 2½ hours, 3 times a day with at least 1 hour in between. Longer walks and lifting more weight, as tolerated.
TLSO off 3 hours 3 times a day with at least 1 hour in between. Same activity as Day 6.
TLSO off all the day as tolerated. Lifting and exercise as tolerated.

When no longer wearing the brace, patients should take 2 to 3 weeks to slowly increase activity and lifting before going back to usual activities. If any increasing pain or concerns, the patient should replace the brace and call his/her doctor.

Note

Start this only when your doctor states it is OK