

UW Medicine

Timeline for Removing a TLSO Brace

Start this only when your doctor states it is OK

Day 1

Remove the thoracolumbosacral orthosis brace (TSLO) while sleeping.



Day 2

TLSO off ½ hour, 3 times a day with at least 2 hours between. Quiet activities without the brace (reading, eating, watching TV)

Day 3

TLSO off 1 hour, 3 times a day with at least 2 hours between. Quiet activities only.

Day 4

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.



Day 5

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.

Day 6

TLSO off 2½ hours, 3 times a day with at least 1 hour in between. Longer walks and lifting more weight, as tolerated.

Day 7

TLSO off 3 hours 3 times a day with at least 1 hour in between. Same activity as Day 6.

Day 8

TLSO off all the day as tolerated. Lifting and exercise as tolerated.

Note

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.

