

The TLSO body jacket is a molded brace that works by preventing you from bending forward, backward, and side to side. Any one of these movements could seriously damage your healing spine and delay your recovery. The TLSO body jacket also reduces pressure on your spine

Wearing the Body Jacket

Your body jacket may feel uncomfortable at first and you may need some time to get used to it—just as you may need to “break in” a new pair of shoes. If any discomfort persists after wearing it for a few days, be sure to tell your orthotist. He or she is trained to make adjustments that may make you more comfortable .

Your body will probably go through some changes as your spine heals. For example, you may gain or lose weight, or your abdominal area may be temporarily swollen. In most instances, your body jacket is designed to adjust easily to these changes.

The body jacket works best when it is positioned as high as possible over your chest area and as low as possible over your lower back area. Your orthotist will trim your jacket so that you can sit and move your arms as comfortably as possible.

If your jacket is equipped with laces, your orthotist will adjust them.

Dear Patient,

Thank you for choosing Stellar Prosthetics and Orthotics to serve your orthotics needs. Your orthotist will work with your doctor to select the brace that provides the best medical results for you. Your orthotist will also fit and adjust your brace to make you comfortable and will help you find ways to remain active and independent as possible.

We have prepared this brochure to help you gain the greatest benefits from wearing your brace. It will give you important information about wearing your brace and show you ways to increase your comfort. This brochure is no substitute for the advice of your doctor or orthotist, who may modify or change instructions on it. If either professional tells you to do something different from what you read here, be sure to follow his or her instructions. If you do not understand something in this brochure or if you have a question or problem related to your brace, please get in touch with your orthotist.

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**Stellar
Prosthetics
Orthotics**

Wearing Your TLSO Body Jacket

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About the Body Jacket (TLSO)

Your doctor has prescribed a body jacket for you. This brace is also known as a *TLSO body jacket*. This stands for *Thoraco Lumbo Sacral Orthosis*, which means that it supports you from your upper back to your pelvic region.

This lightweight plastic device is tailored to your measurements and is the most effective way to ensure that your spine heals as swiftly and safely as possible after surgery or trauma. It also helps keep severe spinal disorders such as scoliosis from getting worse.

The jacket works by preventing you from bending forward, backward or side to side. Any of these movements could seriously damage your healing spine and delay your recovery. Another way in which your jacket works is to help support and align the spine.

Most body jackets are made of two parts, a front half and a back half. The front half overlaps the back half and the two parts are joined by velcro closures, laces, or straps and buckles. The jacket sometimes comes in one piece, with either a front or back opening. Some are lined in foam and all can adjust easily to your body. Your doctor and /or orthotist will decide which type of jacket best suits you.

Putting On (Donning) Your Body Jacket

We recommend that you have a helper to assist you in putting on the body jacket, at least the first few times you put it on.

1. Lie down on your back on a bed or other flat surface that does not require you to move excessively.
2. Roll your chest, pelvis and legs, all at the same time, to one side. This is called *log rolling* and helps avoid twisting the spine. Always bend the knee that is farthest from the direction in which you are rolling.
3. Gently slide the back portion of the jacket against your back.



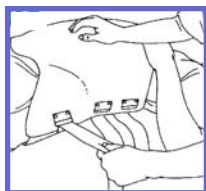
4. Log roll back onto the jacket.
5. To position your jacket properly, find the indentation on each side of the

front piece.

6. Line them up so that they press against your waist line.
7. In some body jackets, the front half of your jacket should overlap the back; others will have a 1"-2" space between the front and the back.



8. Fasten closures as snugly as your comfort allows. Start at the bottom of the jacket and work your way up to the top closure.



Removing (Doffing) Your Body Jacket

1. Lying on the bed, undo the closures.
2. Remove the front portion.
3. Log roll to one side and remove the back half.

Cleaning Your Body Jacket

Your jacket is water and odor-resistant. Clean it at least once a week by wiping the inside, and outside if necessary, with a damp cloth soaked in a mild detergent or lathered with the same soap you use on your body. You can also use alcohol. Wipe again with a wet clean cloth to remove all soap residue, as it can irritate the skin. Dry well with a towel.

Storage

Your jacket is sensitive to high temperatures. When you are not wearing it, store it away from fireplaces, radiators, stoves, automobiles on very warm days and any other areas of intense heat.

Personal Hygiene / Skin Care

Always keep your skin as clean and dry as possible. Avoid using creams, lotions, talcum powder or oil on the skin near your jacket. This can irritate the skin and also soil the jacket. Frequently inspect for excess pressure areas. Report pressure points to your doctor for adjustment .

Always wear an undershirt, T-shirt or camisole under your jacket and change it at least once a day. This absorbs perspiration and helps protect your skin from pressure sores.

You will probably need help in changing the undershirt. To make this procedure as easy as possible, follow these steps and those preceding:

- Lying in bed, unfasten your jacket. Either remove the front portion or hold open the jacket.
- Log roll to one side and have your assistant pull the other side of the shirt.
- Log roll to the other side and have your assistant pull up the other side of the shirt.
- Lie flat on your back with your arms completely above your head while your helper pulls off the shirt.

To put on a clean undershirt, follow these steps:

- Lie flat on your back with arms above your head
- Have your helper put your arms in the sleeves and your head through the shirt.
- Log roll to one side and have your assistant pull down the shirt.
- Log roll flat in bed. Be sure all wrinkles are out of the shirt.
- Fasten your jacket.

Open your jacket daily to check your skin for reddened areas or pressure points. If you notice any reddened areas that do not go away within 10-15 minutes, massage those areas gently and apply a thin layer of gauze or cotton padding. If the pressure points persist, call your orthotist. Your jacket may need an adjustment.

Commonly Asked Questions

How long will I have to wear my jacket? For how many hours of the day?

Generally, the body jacket should be worn at all times when you are out of bed. Unless your doctor instructs otherwise, you should never be sitting or standing without your jacket on and snugly fastened.

Can I take a shower wearing my jacket?

Some doctors want the spine protected, even when you are in the shower. Your doctor will tell you when you may remove your jacket. If you do shower with your jacket on, your straps will get wet. To dry them as quickly as possible, use a hair dryer. Remember, your skin must be kept as clean and dry as possible. Sometimes sponge baths rather than showers may be necessary for some conditions.

Will I need to wear a large size of clothing while I am in the body jacket?

Loose-fitting clothing is usually most comfortable when wearing a body jacket. You may need to wear a larger size of clothing during the time you are in this jacket.

What if I break a strap—or my jacket just doesn't feel right?

Call your orthotist. Your comfort while wearing the jacket is a primary concern to him or her.

Can I engage in activities such as driving, traveling, walking up stairs and exercise?

Many of your normal activities may be restricted while you wear the body jacket. But only your doctor can give you instructions tailored to your specific condition and progress.

Why is my jacket so rigid and tight?

Your jacket is designed to restrict motion of your trunk, torso and chest area. The less body motion in these areas, the better are the chances of your spine healing safely. Because of its rigidity, the jacket allows you to move safely. This increases your independence during your rehabilitation.

Will I see a change on the color of the skin that comes in contact with the jacket?

Sometimes the skin over the waist and hips gets darker. This is common and is not a problem. When you stop wearing the jacket, this color will go away. As mentioned earlier, however, if you notice slightly reddened areas on the skin near your jacket, and they do not go away, tell your orthotist.

And Finally...

While this brochure provides guidelines for wearing your body jacket, everybody's adjustment to the jacket and recovery is individual. Any special instruction from your doctor or orthotist should be carefully followed. Be sure to talk with your doctor or orthotist whenever you have questions or concerns.

It is always a good idea to schedule a follow-up appointment with your orthotist two or three weeks after your initial fitting. At this meeting, he or she can check to make sure that your brace fits properly and help you with any problems you may be having.

Special Instructions from My Orthotist

Important Phone Numbers:

My Physician _____

My Orthotist Sean Stellar (626) 584-0805