

Patient Information

Patient Name:	For how many weeks should you wear the brace?
Date of Issue:	Should the brace be worn at night? (Yes / No)
Department / Hospital:	Should you have any problems please contact:
Brace fitted by: (Name & Profession)	

Product Information



Carboflex LSO braces are typically (but not exclusively) used to reduce pain and stabilise your spine during recovery from trauma or surgery.

Lumbar Sacral Orthosis (LSO) should only be worn when prescribed by a health care practitioner.

Product Features:

- Lightweight carbon effect neutral skeletal spinal shell
- Anterior flexible abdominal compression pad with double sided touch close strap adjustment
- Removable, washable
- Replacement liner, strap kit and abdominal pad available

Please turn over.

Carboflex LSO:

When to wear your brace

Advice will be supplied to you by the department or ward on when to wear the brace. If you are uncertain please ask the team treating you.

Applying your brace if you do not have to sleep in it.

- Apply your brace before getting out of bed. Begin by lying flat on the bed.
- Separate the two pieces of the brace.
- Log roll onto your side, keeping your shoulders, hips, and knees well aligned.
- Apply the back half of the brace first with the lumbar support in the small of your back.
- Carefully roll onto your back and into the brace.
- Apply the front half of the brace and fasten the straps around the waist tightly in order: Bottom, Top, Middle
- Once fastened you should not easily be able to slide your hand down or up the front of the brace.
- You can check your brace is symmetrical by looking in the mirror.

Activity

You should avoid bending and twisting of your spine as much as possible when using the brace. When moving from a lying to a standing position, roll onto your side and use your arms to push up to a sitting position before standing. Only drive in the brace if you are given permission to do so by the team treating you.

Skin care / bathing

Do not get the brace wet if you can help it. If the liner gets wet please follow the washing instructions below. Follow your practitioner's instructions for when you may remove the brace to shower. The brace can be worn directly next to the skin, however wearing a T-shirt or a vest under your brace to absorb perspiration may be more comfortable. Replacement liners are available if required.

Washing Instructions

- Hand wash in cold water using mild soap
- Air dry only
- Do not use bleach

Brace Application

1. Select the appropriate size brace using our measurement chart. The waist circumference should slightly compress soft tissues. The height measure shown is the finished height of the brace so you can see what this looks like on the patient by measuring.
2. The brace can be applied in lying, sitting or standing positions.
3. If applying the brace to a patient lying down please ensure you follow manual handling guidelines whilst log rolling the patient.
4. With the strap on one side of the brace unfastened, position the brace on the back of the patient with the bottom edge positioned at the apex of the buttocks.
5. Then tighten the bottom straps ensuring the front panel is sitting midline of the abdomen.
6. Fasten the top strap then the middle strap.
7. Appropriate tension should be used when tightening the straps to create an intimate fit and create sufficient intra-abdominal pressure.
8. To remove the brace, simply undo the straps on one side. When reapplying the patient will need to reapply and tighten the straps. The shoulder straps should be left fastened where possible to allow repeatable application.

Additional Brace Options

- Pendulous Front
- Airback Liners
- Replacement liners and straps

Fitting Instructions (Practitioner)



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