

## Patient Guide to Wearing a Custom TLSO While in Bed

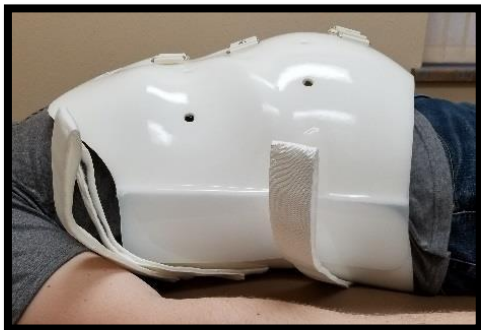


STEP 1: Log roll to side and place TLSO under back



STEP 2: Roll onto back. Center brace  
Ensure waist groves are at hips

### Confirm with referring MD regarding use and function



STEP 3: Apply front piece ensuring that **FRONT overlaps** back at sides  
General Guidelines



STEP 4: Secure straps from each side. Going from bottom to top

- Wear a T-shirt under the brace to protect your skin and absorb sweat
- Wear you brace as directed by your doctor
- Check for skin irritation and reddened areas after wearing the brace (if the skin demonstrates bright redness/irritation **contact Aljan Co. for an adjustment**)

### **Moving Safety**

Keep in mind that the brace will limit your ability to move in certain directions.

- Use a cane, crutches, walker, handrails, or someone to help you until your balance, flexibility, and strength have improved
- Arrange your household to keep the items you need handy; keep everything else out of the way
- Don't bend or twist at the waist
- Avoid picking up heavy objects until the doctor gives you clearance to do so

### **Sitting in Chairs**

- A chair with arms, a firm seat, and an upright back is best (they aid in getting up/sitting down and encourage proper posture)
- Make sure you sit all the way back in the chair to prevent slouching (improper posture causes the brace to feel uncomfortable)
- Avoid low, deep couches/chairs

### **If additional questions, please contact:**

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