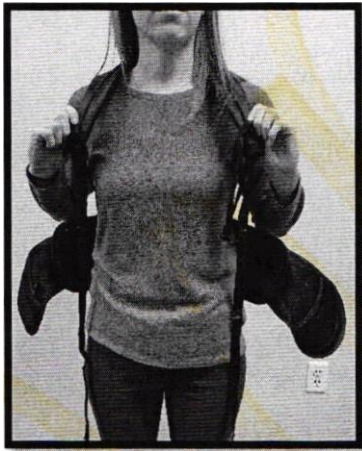


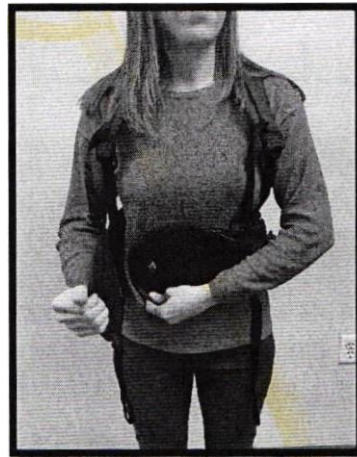


Patient Guide to Applying TLSO (456)

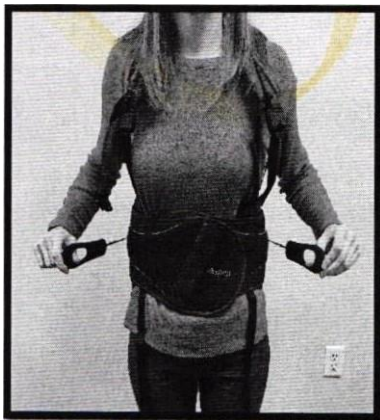
Confirm with referring MD regarding use and function



STEP 1: Place back straps over shoulders



STEP 2: Pull panels across the stomach ensuring it is centered and secure.



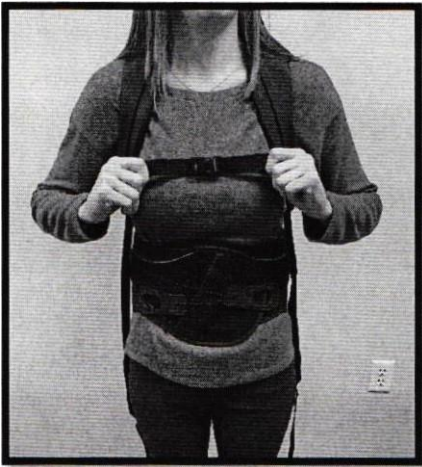
STEP 3: Insert thumbs into tabs and pull away evenly from body tightening corset



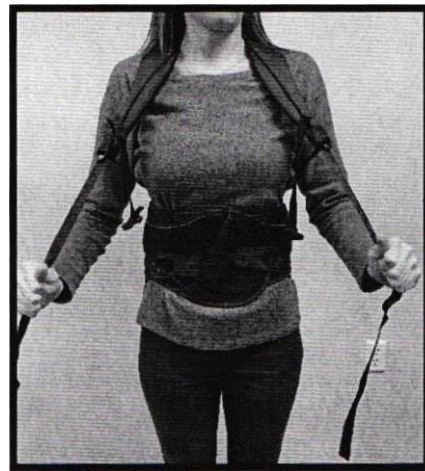
STEP 4: Place tabs on Velcro panel to provide secure fit



Confirm with referring MD regarding use and function



STEP 5: Pull straps away from body to secure shoulder straps



STEP 6: (optional) click chest strap to prevent shoulder straps from rolling off shoulders

General Guidelines

- Wear a T-shirt under the brace to protect your skin and absorb sweat
- Wear your 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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