

## Patient Guide to Applying TLSO While in Bed

Confirm with referring MD regarding use and function



STEP 1: Log roll to side and place TLSO underneath



STEP 2: Center TLSO on back after rolling back to supine



STEP 3: Pull side panel across top of stomach making sure it is centered



STEP 4: Secure right-side panel on top of sternal shield

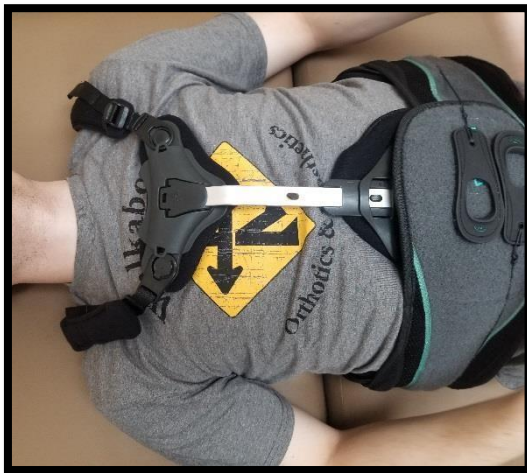
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STEP 5: Insert thumbs into tabs and away evenly from body to tighten



STEP 6: Place tabs on Velcro panel pull to provide secure fit



STEP 7a: Secure straps to sternal shield over shoulders



STEP 7b. Secure straps to sternal shield under shoulder

**General Guidelines**

- 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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