

# TLSO BIVALVE W/ ANTERIOR THORACIC EXTENSION FITTING INSTRUCTIONS

1. **FOR BOTH PRACTICAL AND MEDICAL REASONS, PATIENTS REQUIRE ASSISTANCE IN DONNING THE ORTHOSIS. THE ASSISTANT MUST CAREFULLY FOLLOW EACH STEP.** Begin with the patient lying down. Carefully log-roll the patient onto his side and place the posterior portion of the Bivalve TLSO onto the patient's back. Align the waistline groove just above the patient's pelvic bone but below the rib cage. While holding the back shell in position, return the patient onto his back.

2. **IMPORTANT:** Once the patient is on his back, adjust the position of waistline grooves of the posterior shell so that they are oriented just above the patient's pelvis but below his ribs. Then place the anterior portion of the Bivalve TLSO onto the patient's chest, aligning the waistline grooves with the posterior portion while ensuring that the undershirt is smooth underneath the Bivalve TLSO. This prevents the patient's skin from being pinched.

3. Tighten the bottom Velcro strap on one side. Then tighten the bottom Velcro strap on the opposite side. Repeat this for each strap until you complete tightening with the top straps. While tightening the top Velcro straps, pull up in a diagonal direction on the undershirt. Again, this prevents the patient's skin from being pinched.

4. With the Anterior Thoracic Extension (ATE) centered on the patient's chest, lace the shoulder straps through the D-rings on the ATE and tighten them so that the pads of the ATE are flush against the patient's chest. When all straps have been tightened, there should be no gap between the anterior and posterior portions. For best results, re-tighten all straps with the patient laying on a flat surface with knees bent and feet flat. Finally, ensure that orthosis fit is snug and does not cause any discomfort.

## *Care & General Guidelines*

---

Patients are advised to purchase snug-fitting (a size smaller than the usual) undershirts to wear under the orthosis. For the duration of acute care, nursing must periodically remove the orthosis to check the patient's skin. Hand wash at 86 F with mild soap. When drying, do not expose to direct heat (heater or sunlight); air dry. Never iron or dry clean. If not rinsed well after washing, residual soap may cause skin irritation and product deterioration. It is not uncommon for your body to change size under the spinal brace, because of the compression of the brace and because of a reduction in post-surgical swelling. If you change enough in size that you can no longer adjust the straps enough to get good compression, see your practitioner for a follow-up visit to resize or replace your brace. Your practitioner knows your medical status and is using the spinal brace as one part of your total care. It is important to follow his or her instructions exactly, even if they differ from some of the preceding guidelines.

**NOTE: Special care must be taken with insensate patients to avoid causing pinching along the mid-axillary line, especially in the waistline region.**

**WARRANTY:** The warranty on the TLSO is free repair or replacement for manufacturer's defects within 90 days of the date fitted.

