

# PRIMO AND EDGE TLSO DLK FITTING INSTRUCTIONS



1. With only the left side of the back panel attached to the front panel and the Sternal Panel of the DLK attached to left side only, slip your arms through the loops of the DLK as if putting on a backpack. Your caregiver should have already adjusted the DLK to the appropriate height.



2. Position the brace with the lateral waist grooves at your waist and the back panel centered on your back either by using the log roll method, with or without assistance, or by placing the back panel on your back while standing.



3. Center the Back Plastic Panel on your back and position the waist grooves at your waist. Attach the bottom placement strap (the shorter section) to the front panel by pulling it forward and pressing the strap firmly onto the soft velcro on the front edge.



4. Using the arthritic thumb grips (D-rings), detach the bottom compression straps and pull straps simultaneously away from your body. Secure both compression straps to the center of the orthosis. Repeat for top compression straps.



5. Snap the loose side of the Sternal Panel into the other side of the buckle. Your caregiver should have already adjusted the straps of the Sternal Panel so that the straps of the DLK sit comfortably on your shoulders.



6. Pull the shoulder straps on the DLK simultaneously to the appropriate amount of tension, as originally directed by your caregiver. For best results, re-tighten all straps while laying on a flat surface with your 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.

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



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