

DATE:

PATIENT NAME:

ORTHOTIC DEVICE: Thoraco-lumbo-sacral Orthosis - Jewitt Hyperextension Brace (C37B)

### WEARING INSTRUCTIONS:

- Place the orthosis as you have been instructed, about 1/2" to 1" below the sternal notch and just above your symphysis pubis. You should be able to sit and stand without discomfort.
- Barrel-roll onto your right side and slide the posterior strap behind you. Barrel-roll onto your back and pull the strap and locking mechanism through. Hook plastic handle over the post (Figure 4) using the blue elastic to pull with. Do NOT hook blue elastic over post (Figure 5). Pull locking lever down to secure posterior strap (Figure 2 and 3).



Fig 1. Squeeze to unlock



Fig 2. Unlocked

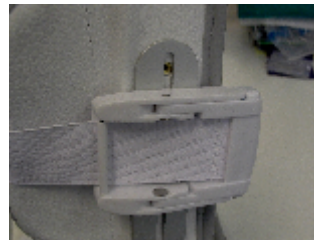


Fig 3. Locked



Fig 4. Hook over post



Fig 5. Incorrect Application

- The orthosis should be snug at all times in order to keep it from shifting and also in order for it to provide the forces required to keep your spinal column from flexing. It should be symmetrical and well-fitting.
- Remember to lock and unlock the mechanism when donning and doffing. To release lever squeeze blue part of lever (Figure 1)
- There should be no pain resulting from the orthosis. If there is still discomfort or an adjustment is necessary please call for an appointment.
- The orthosis should be worn at all times every day for maximum protection (except when sleeping). Please check with your doctor for the length of time you will be required to wear this protective orthosis. You may wear the orthosis in the shower if you cover it with a plastic bag to keep it from getting the padded areas wet through the holes for screw attachment.
- If there is redness which remains or redness over a bony area, first make sure that the TLSO was applied correctly and snugly, as otherwise, the body may shift in the orthosis.
- If the redness remains and was not due to incorrect application, an adjustment may be necessary. Please call to make an appointment and provide details of the problem you are experiencing.
- If you notice any mechanical problems with the orthosis or loose screws, please call our office and someone will assist you.

If you have any questions or concerns please make sure to call and I will be glad to be of help. Please keep these instructions and all other material provided for future reference.

Thank you.  
Serap Kaga, B.Sc., C.O.(c) Certified Orthotist  
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