
What are TLSO and LSO braces?

A TLSO is a thoracic lumbar sacral orthosis. An LSO is a lumbar sacral orthosis.

- Thoracic means upper back.
- Lumbar means lower back.
- Sacral means tail bone.
- Orthosis means brace.

How do they work?

TLSO and LSO braces:

- Help limit movement of the spine.
- Are most often used after surgery or after an injury to allow the spine to heal.

Who will treat my child?

- The doctor will order the right brace for your child. Talk with them about why your child needs it.
- An orthotist will measure and fit your child for the brace. Talk with your child's orthotist about how to put on and take off the brace.

How do I use the brace?

Talk with your child's orthotist about how to put on and take off your child's brace.

- First, make sure your child's skin is clean and dry.
- Then, put on a clean brace undershirt. Ask the orthotist for some body shirts for your child to wear or you can buy your own.
 - Look for shirts that are long, seamless and tight-fitting.
 - You can buy the shirts on websites like Amazon or Knit Rite.
- Put on your child's brace as advised by the orthotist.
- Fasten the closures of the brace. Your child may need help with this if they try to do it on their own.

What else do I need to know to use the brace?

- Have your child wear the brace as advised by their doctor. Ask the doctor if you have questions about when your child should wear the brace for certain activities.
- Check your child's skin each time they take off the brace. Look for signs of skin problems, such as
 - Blisters
 - Redness or white areas that do not fade within 30 minutes
- Make sure the brace has a snug fit. A loose brace often causes more problems.
- Proper use of the brace will help with healing. The brace may also:
 - Limit deep breathing.
 - Limit shoulder and hip motion.

In case of an urgent concern or emergency, call 911 or go to the nearest emergency department right away.

TLSO and LSO braces, continued

How do I keep the brace clean?

- Each day, dampen a washcloth with rubbing alcohol, and clean the inside of the brace.
- Make sure the brace is completely dry before putting it back on your child.
- Wash your child's body shirts as advised on the package they came in.

When should I call Orthotics?

- Call Orthotics if your child has any skin problems or if the brace does not fit well.
 - To schedule a visit, please call 404-785-3229.
 - On weekends or holidays, have your child wear the brace as tolerated. Then, call the next business day.
- Signs of skin problems may include:
 - Redness that does not fade after 30 minutes
 - White areas or blisters
 - Hard skin or calluses
- Call Orthotics if you have any questions, concerns or problems with your child's brace or if your child cannot wear the brace for any reason.
 - Call if you have any concerns about how the brace fits.
 - The fit may change due to your child's growth and other physical changes.
 - If your child needs a new brace, the doctor will need to write a new prescription.

How do I reach Orthotics?

Orthotics addresses are listed below. **To reach Orthotics by phone, please call 404-785-3229.**

5445 Meridian Mark Rd NE
Suite 200
Atlanta, GA 30342

605 Big Shanty Rd NW
Kennesaw, GA 30144

3300 Old Milton Parkway
Suite 370
Alpharetta, GA 30005

2270 Duluth Highway 120
Suite 200
Duluth, GA 30097

1400 Tullie Rd
6th floor
Atlanta, GA 30329

410 Peachtree Parkway
Suite 300
Cumming, GA 30040

1265 Highway 54 West
Suite 200
Fayetteville, GA 30214

This teaching sheet contains general information only. Talk with your child's doctor or a member of your child's healthcare team about specific care of your child.

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