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TLSO WEAR AND CARE SCHEDULE

- 1) Wear a snug fitting T-shirt/tank top under the TLSO and change it daily. The T-Shirt/tank top should be long enough to extend below the TLSO.
- 2) Clean the liner of the TLSO daily with alcohol, or warm water and soap. Be sure to rinse thoroughly and let dry before reapplying.
- 3) When wearing the TLSO make sure it is snug and tightened to at least the line drawn on the straps by your Orthotist. You may be able to tighten further over time.
- 4) Day one: wear one hour, take a break, and reapply for an hour. Do this several times during the day.
- 5) Check skin for redness. Redness is normal where the TLSO is applying pressure and should disappear within a ½ hour. Try and sleep in the TLSO. When sleeping try using extra pillows to “hug”, and/or place between or under legs for comfort.
- 6) Day two: wear two hours, take a break and reapply again for two hours. Do this several times during the day. Try and sleep in the TLSO
- 7) Increase one hour each day till wearing all day and night as recommended by your doctor. Most often the recommended wearing time in the TLSO is 23 hours a day.
- 8) After taking 2 weeks to break into full time wear, wear the TLSO for an additional 2 weeks full time (total of 4 weeks). Then return to your doctor for an “in-brace x-ray” and follow up appointment. After your appointment with your doctor return to Johnson’s Orthopedic for a follow up with a copy of the in-brace x-rays.

****You should have x-rays with you for every appointment with Johnson’s Orthopedic, if taken by your doctor****