



LUMBAR SACRAL ORTHOSIS (LSO)

Purpose: To support the back and abdomen for the purpose of pain reduction and appropriate healing alignment, the LSO limits motion through the mid and lower spine.

Goal: Your orthotist's goal is to reduce pain, help you heal and mobilize safely.

Use: The orthosis is to be worn at all times unless directed otherwise by the prescribing physician. The device must be donned and doffed (worn) as shown/instructed at fitting, including appropriate positioning and strap tightness. The LSO is to be worn as snug as possible to provide maximum support and to minimize migration of the device on your body; it may "ride up" during the day and need to be periodically repositioned.

Hygiene: If allowed by your physician, it is possible to remove the orthosis briefly for bathing purposes; otherwise, a sponge bath will have to suffice. When not wearing the orthosis, take care to use proper body mechanics for safety. The orthosis itself, which is to be worn over a clean cotton t-shirt or hospital gown, can be cleaned with mild soap and warm water, rinsed, and let air dry. Do not place the orthosis in the clothes dryer; do not use a hair dryer on it.

Skin checks: It is important to routinely monitor the skin for signs of trouble; because the device applies pressure to the body, any light-to-medium marks or changes in skin color that disappear within 20 minutes are considered acceptable. A dark mark or anything approaching a bruise would indicate an adjustment is needed; in this case, please contact your orthotist for an appointment.

Potential Risks: With the use of any orthosis, there is a potential risk of skin breakdown.

Potential Benefits: The proper use of this lumbar sacral orthosis has the potential benefits of reducing pain and allowing appropriate healing.

General Health Concerns: If you have any concerns about your general health, please contact your physician for assistance; in the case of an emergency, please go to the nearest Emergency Department or call 911.

Follow-Up on Orthosis: If you have any questions or concerns about the function or fit of the orthosis, please contact Northern Orthopedics for an appointment.

Warranty: Northern Orthopedics will make any necessary adjustments or repairs to the device free of charge during the 90 day warranty period; the warranty does not apply if these are needed due to patient physiological changes. The warranty is void if anyone other than Northern Orthopedics alters the device and Northern Orthopedics will not be responsible for adjustments or repairs needed due to abuse, neglect, or normal wear and tear. **Devices cannot be returned.**

