



Date: _____

Patient Name: _____

ASPEN T.L.S.O. ORTHOSIS

You have been fit with an **Aspen T.L.S.O.** per your doctor's order. This is a pre-made spinal orthosis intended to support spinal fractures and reduce pain. It should be worn anytime you are out of bed.

This orthosis can be donned either by standing or lying on your back in bed.

1. To apply in bed you will need to roll to either side and the orthosis is slid underneath until the back panel is at mid spine.
2. Roll back onto the orthosis and position the back panel low on the back with the panel centered at the back of the spine.
3. Draw the panels round your trunk and attach them with the black velcro strap by looping the two 1" velcro straps over the metal bars and through the loops on right and tighten.
4. Next, take the wide middle strap through the bottom slot of the plastic level and loop it back up through the top slot with the lever vertical.
5. Connect the velcro strap on the left, closing the lever. After the lever is closed, open it again and this will tighten the orthosis.
6. Retighten the 1" velcro straps. After the 1" straps are connected, disconnect the wide velcro strap and pull it down the close lever.
7. The sternal plate should be under the sternal notch. Take each underarm strap and connect them to the large rivets on each side. Pull snugly to hold the sternal plate. These will also serve as an adjustment to hold the sternal plate vertical.

If your doctor allows, this orthosis can be donned while standing. Never attempt to don this orthosis while sitting.

The soft inner linings can be removed for cleaning using a mild soap and luke warm water.

Patient Signature

Date