



## Patient Guide to Donning an LSO

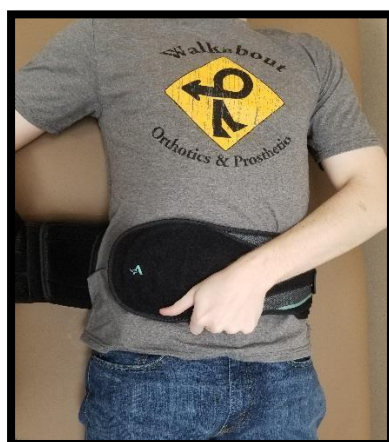
Confirm with referring MD regarding use and function



STEP 1: Log roll to side and Place LSO underneath back



STEP 2: Roll onto back and center LSO



STEP 3: Pull left side panel across stomach



STEP 4: Attach right side over left panel tightly

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STEP 5: Insert thumbs into tabs and pull evenly away from body



STEP 6: Secure tabs across front of the brace on to Velcro panel from

### General Guidelines

- Wear a T-shirt under the brace to protect your skin and absorb sweat
- Wear your brace as directed by your doctor
- Check for skin irritation and reddened areas after wearing the brace (if the skin demonstrates bright redness/irritation **contact Aljan Co. for an adjustment**)

### Moving Safety

Keep in mind that the brace will limit your ability to move in certain directions.

- Use a cane, crutches, walker, handrails, or someone to help you until your balance, flexibility, and strength have improved
- Arrange your household to keep the items you need handy; keep everything else out of the way
- Don't bend or twist at the waist
- Avoid picking up heavy objects until the doctor gives you clearance to do so

### Sitting in Chairs

- A chair with arms, a firm seat, and an upright back is best (they aid in getting up/sitting down and encourage proper posture)
- Make sure you sit all the way back in the chair to prevent slouching (improper posture causes the brace to feel uncomfortable)
- Avoid low, deep couches/chair.