

# Casting for a TLSO brace

This leaflet gives more information about casting for a TLSO (thoraco-lumbar sacral orthosis) brace. TLSO stands for thoraco-lumbar sacral orthosis. If you have any questions, please contact the children's physiotherapy team.

## Why you need a TLSO spinal brace

You have been asked to wear a TLSO brace to control the curving of your spine or posture.

Your spinal brace will be made specifically to fit your body. It can be designed to fasten down the front (1-piece), or down the sides (2-piece).

Before you get your spinal brace, you will need to have a mould (cast) made of your body using plaster of Paris. This is known as 'casting' and takes place in the orthotics clinic.



A 1-piece spinal cast

## Visiting the orthotics clinic

The orthotics clinic is held every Tuesday, and on the first and third Wednesdays of every month. Your consultant (a specialist doctor) will get you an appointment at the clinic.

You will be sent a letter with the details of your appointment. If you and your parents or carers need to change your appointment, please call the children's physiotherapy team.



A 2-piece spinal cast

## Who you will meet

In the clinic you will meet our orthotist. They will do the casting, and will make your brace. A physiotherapist or physiotherapy assistant will also be there, to help the orthotist.

Your parents or carers can stay with you during the casting.

## During the casting

You will need to undress to your underwear, and then we will give you a vest to put on, to prevent your underwear getting damp or damaged. The cast will go on top of this vest, along with a tube which goes between the cast and the vest. This helps us take the cast off when it goes hard.

To get the best position for your spine, we will ask you to lie on your back on a casting bed. The bed has a gap in the middle, which lets us wrap the plaster of Paris all around your body. Your waist will be supported by a bar, attached to the bed, like in the picture below.

We will then apply the plaster of Paris to make the cast. It is not painful and does not take long, but you might feel the plaster becoming warm as it goes hard. It is important that you lie as still as you can at this stage. You can bring anything with you that might help you to lie still, like a tablet or music, to keep you busy while we are making the cast.

When the plaster cast has become hard, it is taken off. The orthotist will then take the cast to the workshop, and use it to make your spinal brace.

We have lots of patterns for you to choose from to go on the outside of your brace, or you can choose to have the brace plain and decorate it yourself.



Casting bed



During casting

## When you get your brace

We will book you an appointment 2 weeks after your casting to have your brace fitted. At this appointment, we show you how to put on and take off the brace, and check that it fits well. A thin layer, like a vest, needs to be worn underneath your brace, so please bring this to your fitting appointment.

We recommend that you gradually build up the amount of time you wear your brace, and wear it as instructed by your consultant.

## When to get help

Your brace can be adjusted if it is uncomfortable, or if it is becoming too small. To get it adjusted, please contact the children's physiotherapy team to organise an appointment in the orthotics clinic.

### Contact us

If you have any questions or concerns about your brace, please contact the physiotherapy team, [phone](tel:02071884660) 020 7188 4660, Monday to Friday, 9am to 5pm.

For more information on conditions, procedures, treatments and services offered at our hospitals, please visit [web](http://www.evelinalondon.nhs.uk) [www.evelinalondon.nhs.uk](http://www.evelinalondon.nhs.uk)

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