

Special considerations

If you have a feeding tube, a hole will be cut out of your brace to allow for this. A small hole will also need to be cut into your vest to pass the feeding tube through the hole in the brace.

If you have a moulded seat, or supports on either side of your wheelchair, your chair will need a review with your wheelchair service to make sure you can sit comfortably in your brace.

How do I know if my brace is too small?

If you can get more than two fingers underneath the armpit at the top of the brace when your arms are by your side, if you've changed shape or the brace is loose, then you may need a new brace. Braces normally need review every 9-12 months after the initial fitting, depending on the amount of growth you've had.

Your parents can make an appointment with our orthotics clinic to change your brace. **You do not have to wait for your spinal appointment to book into the orthotics clinic.**

Contact us

If you have any questions or concerns with your child's brace, please contact the children's physiotherapy team on **020 7188 4660** (Monday to Friday, 9am to 5pm).

Further information

The British Scoliosis Society

www.britscoliosissoc.org.uk

Scoliosis Association UK

www.sauk.org.uk

Evelina London Medicines Helpline

If you have any questions or concerns about your child's medicines, please speak to the staff caring for them or contact our helpline.

t: 020 7188 3003 10am to 5pm, Mon to Fri

e: letstalkmedicines@gstt.nhs.uk

Patient Advice and Liaison Service (PALS) To make comments or raise concerns about the Trust's services, please contact PALS.

t: 020 7188 8801 at St Thomas'

t: 020 7188 8803 at Guy's **e:** pals@gstt.nhs.uk

Language Support Services

If you need an interpreter or information about your care in a different language or format, please get in touch on

t: 020 7188 8815 **fax:** 020 7188 5953

NHS Choices

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

w: www.nhs.uk

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My TLSO spinal brace

A guide for patients



What is a TLSO spinal brace?

A thoraco-lumbar spinal orthosis (TLSO) is a spinal brace that is custom made to control the curve of your spine. It can be designed to fasten down the front (one piece), or down the sides (two piece).

Who needs to wear a spinal brace?

You have been asked to wear a spinal brace to control your spinal posture and/or to slow the worsening of your curve as you grow.

When do I need to wear my spinal brace?

Your spinal consultant (specialist doctor) will let you how long you need to wear the brace. Usually, if you have a neurodisability or growth rods, you will need to wear the brace throughout the daytime when you're sitting, standing or walking. It can be removed for swimming, bathing, during therapy and at bed time.

If you have early onset or adolescent idiopathic scoliosis, then the brace must be worn for 23 hours a day, including in bed. It can be removed for washing. Research shows those who wear the brace the longest, benefit the most.

How do I put my brace on?

Your brace should be worn over a thin close fitting cotton vest or t-shirt. Turning this inside out can avoid rubbing from the seams. Other clothing can then be worn over the top of your brace to reduce pressure under the brace.

To apply a one piece brace

If you're able to sit or stand on your own:

- Stretch the brace apart and wrap it around the middle of your body from behind, placing the opening at your front.
- Lie down in the brace, with your knees bent up. Pull the brace into the correct position so that the waist of the brace lines up with your waist.
- Tighten the straps firmly so that the brace is secured around your hips, waist and chest. Make sure the strap across the hips is done up firmly so the brace does not slide up.

If you cannot sit unaided:

- Sit forward with support.
- Get your parent or carer to wrap the brace around your trunk and lie down onto your back.

You should then be able perform the next steps as in the paragraph above.

To apply a two piece spinal brace

- Put the back part of the brace onto the bed then lie onto this. Make sure your waist is lined up with the waist of the brace.

- Lay the front half of the brace on top of your chest. Make sure there is an equal overlap on both sides and that the waist lines up.
- Tighten the straps so the brace is secured over your hips, waist and chest. Make sure the strap across the hips is done up firmly so the brace does not slide up.

The amount of time in you wear your brace should be gradually built up to improve your tolerance of the brace.

Skin care

You should check your skin everyday after wearing your brace. This is important if you have any changes in your sensation in your skin.

The brace may cause some marking or redness, but should not cause any bruises, blisters or pain. If red marks do not go away within 30 minutes of removing the brace, then contact the physiotherapy team on 020 7188 4660 to make an appointment to review your brace.

You should gradually build up how long you wear your brace for, starting with only a couple of hours a day and then gradually increasing to the amount of time your consultant recommends.