

# Casting for a TLSO spinal brace

This leaflet explains about casting for a TLSO spinal brace at Evelina London Children's Hospital. TLSO stands for thoraco-lumbar spinal orthosis.

If you have any further questions, please contact the children's physiotherapy team on 020 7188 4660.

## Why do I need a TLSO spinal brace?

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

Your spinal brace will be made especially to fit your body. It can be designed to fasten down the front (one piece), or down the sides (two piece).



(One piece spinal brace)



(Two piece spinal brace)

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

## Visiting the orthotics clinic

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

Before your appointment, you will be sent a letter with information about when the appointment is and where to go. If you and your parents/carers need to change your appointment, **please call the children's physiotherapy team on 020 7188 4660.**

## Who will I meet?

In the clinic you will meet our orthotist. They will carry out the casting, and will make your brace. A physiotherapist or physiotherapy assistant will also be there, to help the orthotist. Your parents/carers can stay with you throughout the casting.

## What happens during the casting?

First, 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, which you can see in the picture on below.

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.



Casting bed



During casting

We will then apply the Plaster of Paris to make the plaster cast. It is not painful and does not take long, but you may 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 you are being cast.

After the plaster cast becomes 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.

## When do I get my brace?

We will book you an appointment two 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 we gradually build up the amount of time you wear your brace, and wear it as instructed by your consultant.

## What should I do if I have problems or questions about my brace?

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 **children's physiotherapy team on 020 7188 4660** (Monday to Friday, 9am to 5pm).

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

### 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, Monday to Friday

**e:** [letstalkmedicines@gstt.nhs.uk](mailto:letstalkmedicines@gstt.nhs.uk)

### Patient Advice and Liaison Service (PALS)

To make comments or raise concerns about the Trust's services, please contact PALS. Ask a member of staff to direct you to the PALS office or:

**t:** 020 7188 8801 at St Thomas' **t:** 020 7188 8803 at Guy's **e:** [pals@gstt.nhs.uk](mailto: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 using the following contact details.

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

### NHS 111

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

## **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](http://www.nhs.uk)

## **Become a member of your local hospitals, and help shape our future**

Membership is free and it is completely up to you how much you get involved. To become a member of our Foundation Trust, you need to be 18 years of age or over, live in Lambeth, Southwark, Lewisham, Wandsworth or Westminster or have been a patient at either hospital in the last five years.

To join, please call 0848 143 4017, email [members@gstt.nhs.uk](mailto:members@gstt.nhs.uk) or visit [www.guysandstthomas.nhs.uk](http://www.guysandstthomas.nhs.uk)

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