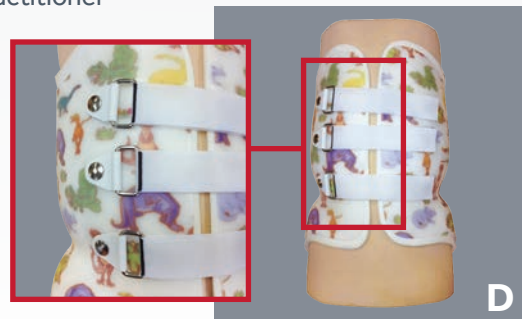
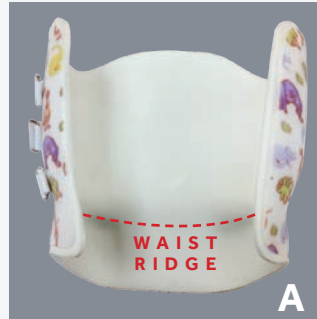



## donning & doffing

- ▶ If your new TLSO opens in the front, it is best to put it on lying on your back (supine). If your TLSO opens in the back, then it is best to put it on lying on your stomach (prone).
- ▶ If it is not possible to don your TLSO lying down, then do so sitting or standing, although the preferred position is lying down.
- ▶ Place the TLSO on the surface where you will be donning (A).
- ▶ Lay back into the TLSO locating the waist ridges in the soft pocket of your waist (B).
- ▶ Beginning with the middle strap, feed the strap through the Chafe and Loop (D-Ring) and pull it back on itself. Do not tighten the strap at this time (C). Then go to the top strap and bottom strap repeating the process, tightening each strap just a bit more tightly than the last.
- ▶ Going back over each strap, ensure that the straps are pulled tightly to the line marked for proper tensioning (D).
- ▶ Wear your orthosis for the prescribed length of time, as indicated by your physician or orthotist.
- ▶ Removing your TLSO is very simple and does not require specific positioning. Simply release all straps and slowly twist the TLSO off your body.
- ▶ If you have any problems associated with this device, please contact your practitioner immediately.



 **surestep**  
**TLSO**  
thoracic-lumbo-sacral  
orthosis

 **surestep**

17530 Dugdale Dr. South Bend, IN  
surestep.net | 877.462.0711



### our tiso

The Surestep TLSO has redefined spinal management. The soft, flexible plastic serves well to create improved upright positioning, while still allowing for slight movement in all planes.

By more evenly distributing pressure circumferentially, this unique device creates stability without rigidity, permitting the core to continue to strengthen. Custom fabricated from measurements, cast impressions or scans, the Surestep TLSO comes complete with a soft interface which is available in multiple thicknesses for improved comfort and compliance.

The Surestep TLSO is available



with either an anterior or posterior opening and can be modified to accommodate G-tubes, baclophen pumps, etc. The Surestep TLSO is the ideal solution for many wheelchair bound children who have difficulty in maintaining an upright sitting position.



Abdominal Cutout



Anterior Window



Gill Modification

Your new TLSO has been designed, fabricated and fit specifically for you. We want this device to be as care free as possible. Keep in mind, simple adjustments to improve the fit or comfort are common.

### care instructions

Your TLSO is constructed of high quality materials which require periodic cleaning with a mild soap in a warm water solution and clean wash cloth\*. Avoid abrasive scrubbing pads or aggressive cleaners. While cleaning, be sure to inspect your brace for sharp edges, wear, broken straps or any other problems that need to be addressed by an orthotist.

*\*Liner must be washed with rubbing alcohol and a soft cloth (This will dry quickly and will disinfect the surfaces contacting your body)*

### wear instructions

- ▶ Bathe daily.
- ▶ Wear a snug-fitting shirt, made of a "breathable" material, such as cotton, under your orthosis.
- ▶ Pay close attention to red or pink areas of the skin where orthotic pressure may be high. Skin should return to a "normal" color within 20 minutes of removing your TLSO. Since the TLSO is worn so tightly, it is important to note that some pinkness is expected.
- ▶ Any skin breakdown resulting in a blister or open sore should be reported to your practitioner immediately and the TLSO not worn again until you are instructed to do so.

### indications

- ▶ Inability to control position in wheelchair
- ▶ Postural instabilities of the trunk
- ▶ Flexible kyphosis or lordosis

### contraindications

- ▶ Fixed scoliotic curvatures
- ▶ Adolescent idiopathic scoliosis
- ▶ Severe respiratory limitations

### suggested coding

- ▶ L0482x1

### variations

- ▶ Early Intervention (0.75 mm)
- ▶ Standard (1.25 mm)
- ▶ Adult (2 mm)

### modifications

- ▶ Gill modifications
- ▶ Anterior/posterior openings
- ▶ G-tube/bac pumps
- ▶ Abdominal Cutout

