

Lumbar Sacral Orthosis (Back support)

Orthotics



The prevention of infection is a major priority in all healthcare and everyone has a part to play.

- Wash your hands with soap and warm water and dry thoroughly. Use hand gel, if provided, in care facilities.
- If you have symptoms of diarrhoea and vomiting stay at home and do not visit relatives that are vulnerable in hospital or in residential care. You will spread the illness.
- Keep the environment clean and safe. Let's work together to keep it that way. Prevention is better than cure.

What is a Lumbar Sacral Orthosis (LSO)?

An LSO is a support for your back. It is prescribed to reduce pain, improve posture and/or limit movement in the lower back.

How does my LSO work?

The support aims to improve your posture by compressing and distributing pressure and offloading bones in certain areas. Supports are most often used to reduce/limit movement in the affected area. There are many designs depending on the affected area and the support required.

How do I put LSO on and take it off?

Your LSO should only be worn by you and not anybody else as it has been prescribed specifically for your needs. This includes the circumferential size and height of the LSO. Your Orthotist will show you how to properly don/doff your LSO for optimum fit / support. The LSO should be worn over a close fitting vest / t-shirt to avoid gathering under the brace. Please ensure you fully understand how to don / doff correctly. If you have any problems or queries, please don't hesitate to contact the Orthotics department.

When should I wear my LSO?

Most patients will be advised to wear their LSO when they are symptomatic or as a precaution when carrying out certain activities. However some patients will need to wear the brace for a set amount of time. The wearing regime will be advised by your Orthotist and will be tailored to your needs.

Please follow all advice, including when to wear, given by your Orthotist.

Wearing regime

Date	Length of time LSO should be worn
Day 1	
Day 2	

Day 3	
Day 4	
Day 5	

Important things to do on a daily basis

You should do the following on a daily basis:

1. Check all areas that are in contact with the LSO for red marks, abrasions or any signs of excess pressure. You can use a mirror or ask someone for help if necessary
2. If wearing your LSO causes your pain to increase you should contact the Orthotics department for advice

How do I take care of my LSO?

LSO can last a number of years if looked after properly. All velcro should be fastened and any plastic / steel stays should be removed from supports before hand washing with a mixture of warm water and gentle soap. Allow LSO to dry naturally.

What am I entitled to?

The Orthotics department policy states that only one serviceable support can be provided at any one time unless a clinical reason requires provision of a second. If you feel that you require a second LSO please contact the Orthotics department for a review.

You will be seen at:

Your Orthotist is:.....

Orthotics Department A28

New Cross Hospital
Wednesfield Road
Wolverhampton
WV10 0QP

Tel: 01902 694082

Opening Days / Times

Mon – Fri: 8:30am – 4:30pm

Orthotics department (level 2)

Cannock Chase Hospital
Brunswick Road
Cannock
WS11 5XY

Tel: 01543 576626

Opening Days / Times

Mon – Fri: 8:30am – 4:30pm

English

If you need information in another way like easy read or a different language please let us know.

If you need an interpreter or assistance please let us know.

Lithuanian

Jeigu norėtumėte, kad informacija jums būtų pateikta kitu būdu, pavyzdžiui, supaprastinta forma ar kita kalba, prašome mums apie tai pranešti.

Jeigu jums reikia vertėjo ar kitos pagalbos, prašome mums apie tai pranešti.

Polish

Jeżeli chcieliby Państwo otrzymać te informacje w innej postaci, na przykład w wersji łatwej do czytania lub w innym języku, prosimy powiedzieć nam o tym.

Prosimy poinformować nas również, jeżeli potrzebowałiby Państwo usługi tłumaczenia ustnego lub innej pomocy.

Punjabi

ਜੇ ਤੁਹਾਨੂੰ ਇਹ ਜਾਣਕਾਰੀ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ, ਜਿਵੇਂ ਪੜ੍ਹਨ ਵਿਚ ਆਸਾਨ ਰੂਪ ਜਾਂ ਕਿਸੇ ਦੂਜੀ ਭਾਸ਼ਾ ਵਿਚ, ਚਾਹੀਦੀ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

ਜੇ ਤੁਹਾਨੂੰ ਦੁਭਾਸ਼ੀਏ ਦੀ ਜਾਂ ਸਹਾਇਤਾ ਦੀ ਲੋੜ ਹੈ ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਨੂੰ ਦੱਸੋ।

Romanian

Dacă aveți nevoie de informații în alt format, ca de exemplu caractere ușor de citit sau altă limbă, vă rugăm să ne informați.

Dacă aveți nevoie de un interpret sau de asistență, vă rugăm să ne informați.

Traditional Chinese

如果您需要以其他方式了解信息，如易读或其他语种，请告诉我们。

如果您需要口译人员或帮助，请告诉我们。