

Jewett Thoracic/Lumbar/Sacral Orthosis (TLSO)

The Jewett TLSO is a rigid orthosis (brace) that supports the mid (thoracic) and lower (lumbar and sacral) spine. It prevents forward (flexion) and twisting (rotation) movement. Your spinal doctor has prescribed this orthosis to help manage your back injury.



Jewett TLSO

Who will fit my TLSO?

- Your Jewett TLSO will be fitted by an orthotist (specialist) from Royal Perth Hospital (RPH).
- The TLSO may need further adjustments once you start to move around.
- **Only allow qualified people to adjust your orthosis. Please contact your orthotist for any adjustments.**

How long will I need the TLSO?

Most people wear the TLSO for 8 to 12 weeks, but the exact time depends on your doctor's instructions. After you are discharged from hospital, you will have outpatient follow-up appointments. Your spinal doctor will inform you when you may stop wearing the TLSO at these appointments.

When should I wear the TLSO?

- **The Jewett TLSO is to be worn** anytime you are upright, for example when you are having a shower, sitting, walking or in the car.
- **The Jewett TLSO does not need to be worn:**
 - when you are lying flat on a bed or couch (you can use a pillow)
 - at nighttime when you are sleeping, as long as you are flat in bed (you are allowed to lie on your side if the bed is flat).

How do I remove the TLSO?

Follow these steps to safely remove your brace after a shower.

Step 1

- Place a towel on the bed and lie flat on your back. Have a second towel ready to use nearby.
- Unclip the large white clip on your side.
- Release the keyhole clip on the other side.

Step 2

- Roll onto your side and pull out the back piece.
- Roll back onto your back – you can now take the whole TLSO away.
- Towel dry the TLSO.

You can also view our instructional video by scanning the QR code below.



How do I put the TLSO back on?

- Ensure your skin is dry and you have a T-shirt or singlet on.
- While lying down, replace the TLSO on the front of your chest.
- Roll onto your side and place the back piece into the centre of your back.
- Roll back onto your back.
- If needed, you can roll onto your other side to pull through the strap.
- Replace the keyhole clip.

To finish, close the lock on the other side.

What activities should I avoid while wearing my TLSO?

- Avoid these activities:
 - driving a motor vehicle
 - physical sports and running, especially jarring or high impact activities
 - at risk activities, including riding a bicycle or skateboarding
 - heavy lifting, pushing or manual work (no more than 5 kg)

Check with your spinal doctor before starting these activities again.

- Be careful of trip hazards.
 - Take extra care around small pets and children.
 - Keep your environment free of obstacles such as mats, cords and rugs.

What else do I need to know?

- Always wear thin, fitted clothing under the TLSO to protect your skin.
- Wear loose, easy fitting clothes over your TLSO.
- If required, the whole orthosis can be cleaned with soap and water then dried with a towel.
- Wear comfortable, practical shoes. Avoid thongs, high heels or shoes that have a slippery sole (bottom).
- **Check your skin daily for redness or irritation. If your skin becomes red or blistered, contact the South Metropolitan Orthotics Department on 6152 7450 for an urgent review.**

Who do I contact if I have questions after I leave hospital?

Before you leave hospital, ask your nurse, spinal doctor, physiotherapist or orthotist any questions you have.

After you are discharged from RPH, please contact **South Metropolitan Orthotics Department on 6152 7450 with queries.**



About us

This information sheet has been prepared by the Royal Perth Bentley Group Physiotherapy Department.

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Please let our staff know if you have trouble reading this information.

