

One Piece High-Profile Thoraco-Lumbar-Sacral Orthosis (TLSO) Application Guidelines

Self-Application

1. Put on a clean, snug fitting T-shirt or bodysock. Make sure it is smooth and wrinkle-free. It should extend beyond the edges of the orthosis to protect the skin.
2. Spread the orthosis open.
3. Place the orthosis onto your body, making sure that the waist indentations line up correctly with your waist.
4. Tighten straps to the mark indicated. If the straps are not marked, tighten until the orthosis fits snugly.



[Make An Appointment 651-290-8707](#) [Refer a Patient 651-325-2200](#)

This information is for educational purposes only. It is not intended to replace the advice of your health care providers. If you have any questions, talk with your doctor or others on your health care team.

If you are a Gillette patient with urgent questions or concerns, please contact Telehealth Nursing at [651-229-3890](#).