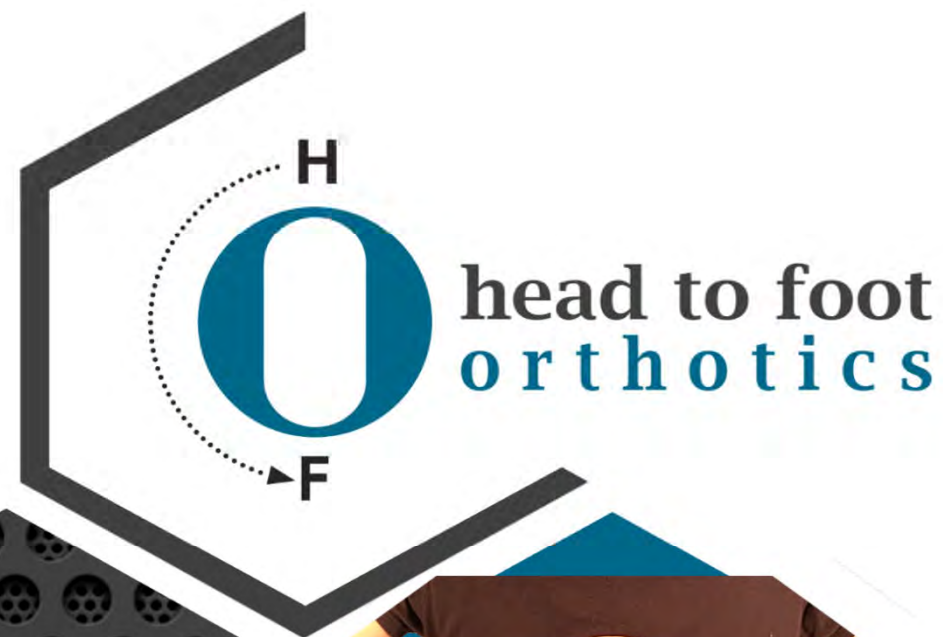




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Please call if you have any questions or require an appointment

Individual Client Notes



Costs and invoicing

The service provided today will incur a cost. These will have been discussed with you if they are not covered by the hospital or a 3rd party funding body like TAC or Work cover.

An invoice will be sent to the address provided at the consultation. Payment details can be found on the invoice.

Please call if you are having trouble paying the invoice.



It is important that you attend any review appointments. If you are having any problems with your Orthosis, we may be able to fix it at your appointment.



Low Spinal Orthosis

You have been fitted with a Low Spinal Orthosis. Correct use is important for the best result and your safety. Please note your orthosis is for **your use only**.

HOW TO PUT ON YOUR LOW SPINAL ORTHOSIS (LSO)

It is important that you put your LSO on correctly. Your LSO should be put on when lying down unless your Doctor has approved otherwise. You may need someone to assist put you LSO on.

1. Place the brace behind the your back. You will need to log roll to do this when lying down.
2. The lower band should sit at the top of your bottom.
3. The upper band should sit just below your shoulder blades.
4. If you have a chest strap, fasten firmly.
5. Fasten the straps firmly, below starting at the top of your abdominal pad and working your way down.
6. You may need to re-tighten the straps prior to walking.

PROBLEMS?

Check your skin regularly. If you feel that your LSO is:

- Causing discomfort, redness or skin breakdown
- Broken or damaged
- Worn Out

Please contact the Head to Foot Orthotics as soon as possible to discuss the situation.



WEARING YOUR LOW SPINAL ORTHOSIS

It may take some time to get used to wearing your LSO. The LSO is designed to prevent some movements of your spine.

- ✓ **Do** check the position of the brace sits low around your hips and the abdominal pad sits under your bust.
- ✓ **Do** check your skin regularly.
- ✓ **Do** contact your orthotist if you are unable to wear your LSO.
- ✗ **Do Not** wear un-prescribed bandages, dressings or padding with your LSO
- ✗ **Do Not** make any changes to your LSO.

✗ **Do Not** wear your LSO in the shower or water

CLEANING

- ✓ **Do** Sponge bath, lying flat without your HSO in place.
- ✓ **Do** check your LSO for signs of loosening or damage and ensure Velcro straps are lint free.
- ✗ **Do Not** apply direct heat to any part of your LSO
- ✗ **Do Not** place your LSO in the washing machine or dishwasher.

Contact Head To Foot Orthotics immediately if you notice redness, broken skin or increase discomfort