

## Spinal Brace Instructions ULTRAlign®+ TLSO

Information for patients who have been fitted with an ULTRAlign®+ TLSO brace



### Reason for wearing the brace

The brace is used to limit movement of your spine as much as possible whilst the fracture is healing. Ensure you are lying flat on your back when not wearing the brace with one pillow supporting your head. You should wear the brace until the spinal team tell you it is no longer required.

### Care of the Brace

The brace can be kept clean by wiping it down with a damp sponge with gentle soapy water but it must be dried thoroughly before being worn. No heat should be used to dry the brace.

### Skin Care

We recommend wearing a cotton t-shirt or vest under the brace. Avoid wearing anything with buttons or prominent seams that may rub on your skin and cause irritation. Your skin should be checked twice a day for any signs of pressure. Mild red marks on the skin may be caused by the brace but these should disappear within 15 minutes of removing the brace.

It is a good idea to lie down on your bed for a rest during the day and remove or loosen the brace so that your skin gets some relief from the brace.

If you experience any problems with your brace (i.e. rubbing, sensation changes, swelling or increased pain) please call the orthopaedic therapy team so the brace can be checked.

Getting to know your brace



Shoulder straps

Sternal pad

Front panel

Back Panel



Side straps



Tightening dial

### Fitting your brace

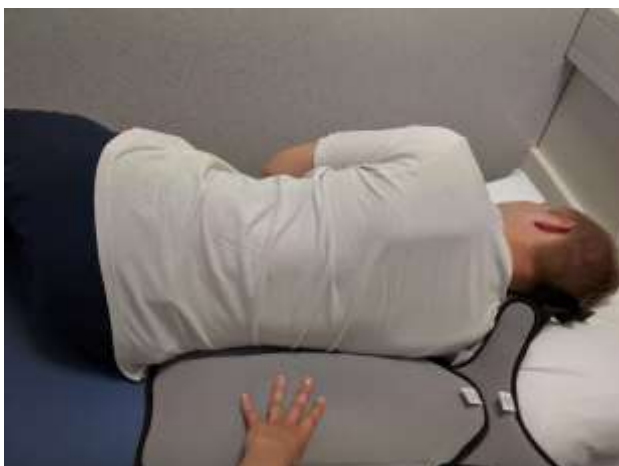
1. Release the side strap from the front panel to open up the brace in preparation for fitting.



2. Pull up the tightening dials on both sides and pull the side straps away from the back panel to release any tension.



3. Roll onto your side taking care not to twist your spine (i.e. make sure your legs, arms and head move together). The second person can now position the back panel of the brace. The bottom of the brace should be just above the bottom crease. The second person can push down on the brace to depress the mattress and ease the back panel under your side so that it is centred on your spine



4. Make sure that the shoulder straps are in the right place before slowly rolling onto your back (again taking care not to twist your spine). The second person can guide the back panel underneath you as you roll back so that it stays as central as possible.



5. Once you are on your back, check that you can feel equal amounts of the back panel either side of you. If you can feel more material one side than the other it could be that the brace is rotated or not central. If needed, you can bridge (with your knees bent and your feet planted on the bed) to lift your bottom up so the brace can be centralised.



6. Once the back panel is in the correct position you can place the front panel across your chest. Make sure this is in the correct position;
  - The middle of the brace should be in line with your nose
  - The sternal plate should be 2-3 fingers width below the top of your breastbone
  - The bottom of the brace should rest on your hip bones



7. Use one hand to stabilise the front panel as you use the other hand to secure the side straps in place, one at a time.





8. Push down the tightening dials and rotate them in towards your tummy until you feel the brace is hugging you tightly. You may need to tighten one side more than the other to get equal pressure. Clip the shoulder straps into position before you get out of bed.



9. To get up from lying, first roll onto your side. Lower your legs off the edge of the bed and then push through your hand and elbow to push yourself up into sitting without twisting your back.



10. Do your final checks for alignment whilst in sitting and then standing. As long as you sit/stand up tall you can make minor adjustments to the brace straps.

### Removal of the brace

1. Lie flat on your back and undo the side strap on one side and unclip the shoulder buckles.



2. Next lift the front panel of the brace over to the opposite side.



3. Roll to your side and the second person can remove the brace. In this position your back could now be washed.





## Contact details

**If you require further advice please feel free to contact us:**

Orthopaedic Therapy Team

01202 448179

For further general health-related information, please ask the relevant department for an Information Prescription or contact:

### **The Health Information Centre**

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**If you wish to make any comments on this leaflet, please contact the Patient Information Team confidentially: by phone on 01202 448003, by post to the Health Information Centre (address above), or email [patient.information@poole.nhs.uk](mailto:patient.information@poole.nhs.uk).**