

Lumbar Sacral Orthosis (Back support)

Orthotics

What is a Lumbar Sacral Orthosis (LSO)?

A 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 or limit movement in the affected area. There are many designs depending on the affected area and the support required.

How do I put my 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 and doff your LSO for optimum fit and support. The LSO should be worn over a close-fitting vest or t-shirt to avoid gathering under the brace. Please ensure you fully understand how to don and doff correctly. If you have any problems or queries, please do not 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 the LSO, as advised by your orthotist.

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

- Please decontaminate your hands frequently for 20 seconds using soap and water or alcohol gel if available
- If you have symptoms of diarrhoea and/or vomiting, cough or other respiratory symptoms, a temperature or any loss of taste or smell please do not visit the hospital or any other care facility and seek advice from 111
- Keep the environment clean and tidy
- Let's work together to keep infections out of our hospitals and care homes.

Wearing regime

Date	Length of time LSO should be worn
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	

Review appointments and maintenance of your LSO

The orthotics department has an “open review” policy, which means you can contact us when you feel you need a review appointment. Your orthotist will advise you how often you should have your LSO reviewed.

If you have any concerns regarding your LSO please contact the orthotics department directly to seek advice or request a review appointment.

You should do the following on a daily basis:

- Check all areas of your body 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
- 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?

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

If you have any concerns

Please contact the Orthotics Manager, Dr N Eddison on 01902 694082 or via e-mail: n.eddison@nhs.net or contact the Patient Advice and Liaison Service (PALS) on 01902 695362.

Orthotics Department A28

New Cross Hospital
Wednesfield Road
Wolverhampton
WV10 0QP

Tel: 01902 694082

Opening Days / Times

Mon – Fri: 8:30am – 4:30pm
Excluding bank holidays

Orthotics Department (level 2)

Cannock Chase Hospital
Brunswick Road
Cannock
WS11 5XY

Tel: 01543 576626

Opening Days / Times

Mon – Fri: 8:30am – 4:30pm
Excluding bank holidays

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 potrzebowaliby 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。